Is it harmful to be a vegetarian?

**Question:** A young woman of 25 has an instinctive dislike for eating meat. She would like to become a vegetarian, but wonders whether her health or her figure would suffer.

**Answer:** There are thousands of vegetarians in this country, who are perfectly healthy and not overweight. The disadvantage of a vegetarian diet is that it doesn't contain as much of the body-building materials in concentrated form as a carnivorous diet does.

The so-called “first-class protein” is found in red meat especially, so in a meat-free diet it is necessary to eat more in bulk to replace the protein vital to the body. Eggs, cheese, and milk, however, have quite a high protein content, and it isn't necessary to over-eat them to meet the body's needs. As for putting on weight, this follows an excessive intake of carbohydrates – sugar, bread, potatoes, biscuits, flour, puddings.

There is no reason why a vegetarian should eat more of these than a meat eater. I suppose the assumption is that anyone who doesn’t eat the most concentrated food is likely to feel hungry more often and to go for bulk - quantity instead of quality. Since her dislike of meat is “instinctive” rather than on principle, I'm assuming that this girl won’t take up the most extreme form of vegetarianism.

**QUESTIONS**

1. Are the following sentences TRUE or FALSE? (Copy the evidence from the text. No marks are given for only TRUE or FALSE. (Puntuación máxima: 2 puntos)

   a. If you eat pudding you will give proteins to your body.
   b. Being a vegetarian does not mean getting fat.

2. In your own words and based on the ideas in the text, answer these questions. (Be careful with the grammar. Write precise answers. (Puntuación máxima: 6 puntos)

   a. What's the woman afraid of when thinking about becoming a vegetarian?
   b. Explain the disadvantages of a vegetarian diet. Then give the solution to these disadvantages.

3. Grammar. Follow the instructions for each part of this question. (Puntuación máxima: 2 puntos)

   a. Fill in the blanks.
      The Vegans .......... practice vegetarianism, refuse any food .......... animal origin, so they do not eat milk products.
   b. It is wise .......... (take) vitamins in pill form (especially A and D) if you ................. (practice) a rigid vegetarianism.