

# Veganism and animal rights

## A. Introduction (5 min.)

Being a vegan means to be against any form of cruelty to animals and includes not consuming them or their products. Justin Timberlake is a vegan and appeared on Saturday Night Live to sing and joke about veganism. Go to [http://www.dailymotion.com/video/xy35qv\\_justin-timberlake-bring-it-on-down-2-veganville-veganshake-snl-3-9-13\\_music#.UXHRX7VhUQk](http://www.dailymotion.com/video/xy35qv_justin-timberlake-bring-it-on-down-2-veganville-veganshake-snl-3-9-13_music#.UXHRX7VhUQk) or <http://www.youtube.com/watch?v=qK6P5u2ST6E>.

## B. Speaking/Warm-up activity (10 min.)

Share your answers to the following questions with your neighbor(s):

- Why do you eat animals?
- Which kinds of animals do you eat and which don't you eat? Why?
- Where and in which conditions do you think most of the animals you eat live?
- Could animals that are not free be called slaves?
- How do you think chickens, cows and pigs feel?
- How many animals do you guess die every week for human consumption?
- Do we need meat to be healthy?
- What do vegans eat?

## C. Reading (25 min.)

The following words will appear in the text:

1. Beer Bong
2. Anne Hathaway (actress)
3. Bill Clinton (former U.S. president)
4. Michelle Pfeiffer (actress)



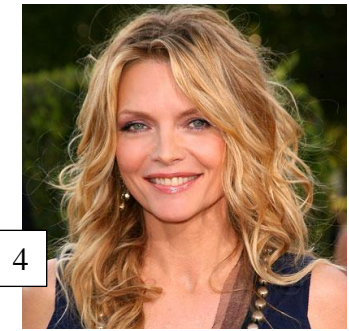
1



2



3



4

5. Omega-6: fatty oils found in nuts and seeds.
6. Omega-3: fatty oils found in marine life, some plants and some fruits.
7. B-12: Only bacteria and archaea can produce it. Found in animals.
8. Vitamin D: responsible for intestinal absorption of calcium and phosphate.
9. Vitamin C: it makes sure your molecules don't get rusty.
10. Antibiotics: reduces bacterial growth or kills bacteria.
11. Beta-carotene: a red-orange color abundant in plants and fruits. (e.g. carrots)
12. Amino acids: the building blocks of proteins.

On the next page are 5 columns. In column 1 you can find synonyms of the underlined words in the text; e.g., 'tailgaters' are 'followers'. In columns 2 and 3 you can find the paragraph and the line numbers, in 4 you can read the article and in 5 the questions.



<p><i>start</i></p> <p><i>keep up/maintain artificial food</i></p> <p><i>food expert miss animals + plants provide weed killers</i></p>	<p>10</p> <p>11</p> <p>12</p>	<p>35 Especially at key stages of life “including, fertility, breast feeding and infant development, veganism is harmful to health,” she says.</p> <p>Grains and vegetable oils (corn, soybean, canola) are our main sources of omega-6s, says Planck. Too much omega-6 can <u>ignite</u> the inflammatory conditions that contribute to cancer, heart disease and diabetes. Veganism excludes omega-3 (from fish), B-12 (from meat) and vitamin D (from dairy) says Planck, and “doesn’t <u>sustain</u> good health over the long run without <u>synthetics</u>.”</p> <p>“That’s a complete myth,” says vegan <u>nutritionist</u> Julieanne Hever, author of The Complete Idiot’s Guide to Plant-Based Nutrition (Alpha Penguin). Yes, vegan diets <u>lack</u> natural B-12, she says, but there are as many poor <u>omnivorous</u> diets as vegan ones. Flax and walnuts provide omega-3s, she says, and fortified soy and almond milks, and cereals, <u>supply</u> D.</p> <p>Meat’s vital nutrients come with steroids, hormones, antibiotics and <u>pesticides</u>. “You can’t change that,” says Hever. “That animal spent its life eating those things,” she says. Don’t eat the animal and you avoid the health issues eating the animal causes: obesity, high-blood pressure, etc.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p><i>cheerfully belief/philosophy things/products</i></p>	<p>13</p> <p>14</p> <p>15</p>	<p>50 Explaining that they’d have to <u>pry</u> a burger-and-shake out of her cold, dead hands, Hever <u>good-naturedly</u> says that’s okay as long as her diet is “ninety-percent plant-based.”</p> <p>Vegans’ “do no harm” animal <u>credo</u>, which doesn’t distinguish between animals as pets and animals as <u>commodities</u>, does convince some omnivores to switch teams.</p> <p>Will Harris III isn’t buying it. Animals are sacrificed “for purpose of giving nutrition to people,” says Harris, fourth-generation owner of Bluffton, Georgia’s White Oak Pastures, the only American farm with its own <u>USDA-inspected</u> red meat and poultry slaughter plants.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p><i>examined with compassion positioned adds accept/submit to cattle</i></p>	<p>16</p> <p>17</p> <p>18</p>	<p>He understands that some people can’t get past the idea that animals can be raised and <u>humanely</u> slaughtered. “We evolved, or were created, to eat meat,” he says. He says we have teeth for tearing and “our eyes are <u>mounted</u> in front like predators, not the side, like prey.”</p> <p>Harris acknowledges studies showing that meat consumption <u>contributes</u> to cancer and cardiovascular disease. “I <u>defer</u> to the science,” he says, but says those studies are based on industrially-raised <u>livestock</u>.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p><i>popularity</i></p>	<p>18</p> <p>19</p>	<p>They’re based on industrial animals eating corn and soy and “dying of obesity and inactivity,” he says. Studies show that organic, free-range, grass-fed animals like Harris’ contain B and C vitamins, beta-carotene, amino acids, omega-3s and are lower in fat. “All the work that shows that meat is bad for you isn’t done with the kind of meat I raise,” he says simply.</p> <p>65 Vegan diets with their compassionate stance towards animals are <u>gaining traction</u>. Convert Kelly Mooney is holding fast for now, based largely on veganism’s compassionate stance towards beer.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

### D. Listening (20 min.)

Listen to Philip Wollen's speech called 'Animals Should Be Off the Menu' and answer the following questions while listening. Afterwards you will discuss your answers in groups and you will share your thoughts on the speech. Do you agree? Is he exaggerating? Etc.

<http://www.youtube.com/watch?v=yinnZ1QyeQWA> or <http://www.youtube.com/watch?v=uQCe4qEexjc>.

- I. Why is a dog, a pig, a bear, a boy?
- II. How are vegetarian cows the largest ocean predators?
- III. Why are billions of chicks murdered?
- IV. How many sentient creatures do we torture and kill every week?
- V. How many vegetarians are there?
- VI. What are the 'killing cartels'?
- VII. Why does Philip Wollen mention Medicare?
- VIII. How much meat should we consume according to Harvard?
- IX. How much drinking water does it take to make 1 kilo of beef?
- X. How could we end starvation?
- XI. Why don't we have to bomb the meat industry?
- XII. How can our knives and forks be weapons of mass-destruction?

- XIII. What would happen to the farmers?
- XIV. What must justice be blind to?



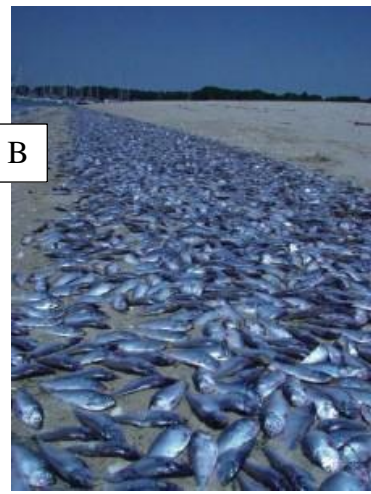
### E. Vocabulary/post-listening (10 min.)

Below you can find words and sentences from the speech. The sentences should help you understand the meaning of the words. Connect the words with the correct image on the next page.

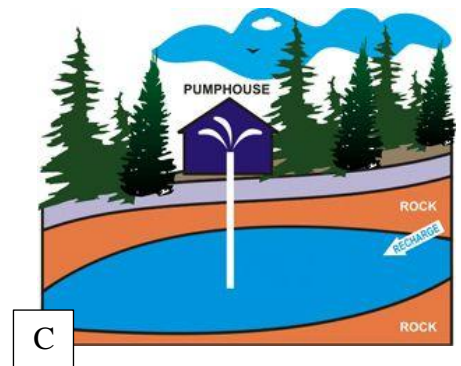
1. **Gulag**: Animals must be off the menu, because tonight they are screaming in terror in the slaughterhouses, in crates and in cages: vile, ignoble **gulags** of despair.
2. **Ravaged**: I heard the screams of my dying father as his body was **ravaged** by the cancer that killed him.
3. **Methane**: CO<sub>2</sub>, **methane** and nitrous oxide from the livestock industry are killing our oceans with acidic, hypoxic dead zones.
4. **Nitrous oxide**: CO<sub>2</sub>, methane and **nitrous oxide** from the livestock industry are killing our oceans with acidic, hypoxic dead zones.
5. **Hypoxic**: CO<sub>2</sub>, methane and nitrous oxide from the livestock industry are killing our oceans with acidic, **hypoxic** dead zones.
6. **Sentient**: Only 1 billion people have ever lived; 7 billion people live today, and yet we torture and kill 2 billion **sentient**, living beings every week.
7. **Abolition**: Animal rights today is now the greatest social justice issue since the **abolition** of slavery.
8. **Demographic**: And despite this massive **demographic** footprint we are still drowned out by the raucous hunting, shooting, killing cartels.
9. **Aquifers**: Underground **aquifers** that took millions of years to fill are running dry.
10. **Malnutrition**: 1 billion people today are hungry. 20 million people will die from **malnutrition**.
11. **Rogue state**: If any nation had developed weapons that could wreak such havoc on the planet, we would launch a pre-emptive military strike and bomb it into the Bronze Age. But it is not a **rogue state**. It is an industry.
12. **Factory farm**: Tonight there is unimaginable terror in those ghastly Guantanamo we call **factory farms** or slaughterhouses.



A



B



C



D



E



F



G



H



I



J



K



L

**F. Writing (20 min.)**

Imagine you're a pig. You have to live in a gestation crate where you can barely move, in a barn with hundreds of other pigs and their excrement, and they constantly make you have babies by inserting a steel bar after which they take your babies away, whose tails are then removed so they won't rip off each other's tails in fits of madness. You decide to write a letter of complaint to the ministry of agriculture.

## Answer key

### D. Listening

- |                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>I. We're all the same in our capacity to suffer.</li> <li>II. 90% of small fish is fed to livestock.</li> <li>III. Because male chicks don't lay eggs.</li> <li>IV. 2 billion.</li> <li>V. 600 million.</li> <li>VI. The factory farms and large fisheries.</li> <li>VII. Because meat makes many people sick.</li> </ul> | <ul style="list-style-type: none"> <li>VIII. No meat.</li> <li>IX. 50,000 liters.</li> <li>X. Stop eating meat and feed the grain directly to people.</li> <li>XI. We can just stop buying their products. We are paying them to kill for us.</li> <li>XII. 2 billion animals are killed every week so we can eat them.</li> <li>XIII. They would change their product-line and would get rich.</li> <li>XIV. Race, color, religion or species.</li> </ul> |
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### E. Vocabulary/Post-reading

- 1. Gulag: A
- 2. Ravaged: F
- 3. Methane: E
- 4. Nitrous oxide: J
- 5. Hypoxic (without oxygen): B
- 6. Sentient: D
- 7. Abolition: H
- 8. Demographic: K
- 9. Aquifers: C
- 10. Malnutrition: L
- 11. Rogue state: I
- 12. Factory farm: G