

What To Eat, a popular nutrition magazine has asked young readers about their opinion on being a vegetarian. The best essays will be published in the next edition of the magazine.



You have decided to send in an essay. In your essay you should

- state reasons for or against being a vegetarian
- write about what the effects of choosing a vegetarian or mixed diet might be
- describe your own eating habits
- suggest ways in which people could eat in a healthier way

Write about **400 words** and give your essay a title!

Room for corrections

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