**Being a Vegetarian in Colombia: A hard Decision** Tittle

In a country like Colombia, vegetarians are often seen as strange individuals because they do not eat meat. Many people cannot understand how a person can live without eating meat. However, there are more advantages than disadvantages in being a vegetarian.

Introduction: Background/ general information. Thesis statement

**To mention a few**, according to research,vegetarians have lower chances of having heart attacks. Fatty red meat and processed meat are high in saturated fat, which increases the levels of bad cholesterol in the body and, therefore, increases the risk for heart disease.

Body paragraph 1 Topic sentence Supporting ideas

Studies have also demonstrated that vegetarians have lower chances of developing cancer. Every day cancer is more clearly connected to meat consumption. In short, a vegetarian diet lowers the chances of getting cancer.

Body paragraph 2 (\*If needed) Topic sentence Supporting ideas

Finally, vegetarians help to preserve the environment since raising cattle for beef and milk emits a significant amount of Carbon Dioxide into the air and also consumes vast amounts of scarce resources such as water and land. When people decide not to eat meat, they contribute with the preservation of the environment.

Body paragraph 3(\*If needed) Topic sentence Supporting ideas 2

In conclusion, contrary to what many people may think, being a vegetarian has many advantages.

Conclusion. Restatement of the thesis.

**ACTIVITIES**

1. **Think about and write down all the ideas that come to your mind related to the topic**

**Brainstorming:**

1. Advantages and disadvantages of being a vegetarian (Write in your notebooks 5 advantages and five disadvantages of being a vegetarian in Colombia).
2. WRITE THE MAIN IDEA OF:

Paragraph 1:

Paragraph 2:

Paragraph 3:

Conclusion:

1. **LOOK FOR THE MEANING OF THE FOLLOWING WORDS:**
2. STRANGE
3. RESEARCH
4. LOWER
5. CHANCE
6. HEART ATTACK
7. FATTY
8. HIGH
9. INCREASE
10. LEVEL
11. THEREFORE
12. RISK
13. DISEASE
14. ALSO
15. DEVELOPE
16. CLEARLY
17. COMPSUMPTION
18. PRESERVE
19. RAISING CATTLE
20. AMOUNT
21. SCARCE
22. WRITE A TEXT ABOUT THE SAME TOPIC ( BEING A VEGETARIAN IN COLOMBIA: A HARD DECISION) TAKING ACCOUNT THE STRUCTURE FOR THE PROCESS OF PLANNING, WRITING, REVIEWING, AND EDITING A TEXT.