

Healthy Food, a popular food magazine, wants to find out what young people think about **vegetarianism**. They have asked their readers to send in essays, the best of which will be published in the next edition of the magazine.



You have decided to take part in the writing contest. In your **essay**, you should:

- analyse reasons for either choosing to be vegetarian or not
- evaluate the effect of choosing a vegetarian or mixed diet
- suggest how people could eat in a more responsible way

Write around **400 words**. Give your essay a **title**.