

Below there are just some of the undeniably strong arguments against people eating meat:

Much of the meat, in particular beef, that is eaten in the world is reared in South America. Rainforests are unrelentingly cleared by cattle-farmers and a cow's digestive system produces a gas called methane, both of which lead to global warming.

Finally both the lives and deaths of the majority of animals reared only to be killed for humans to eat are monstrous because of the cruelty involved.

Sean O'Leary, a lifelong vegetarian, tells us, "I could give you a million yummy recipes with no meat and all the food groups included, hence there really is no need to eat meat."

Crucially humans don't need to be carnivores, as there is a vast array of alternatives.

Do you want to contribute to the preventable tragedy of global warming?

In conclusion, people do not *need* to eat meat (despite what some ignorant people say), cattle-farming contributes to global warming and farmers keep and kill animals in the most appalling ways.

Do you honestly believe greedy farmers keep animals in pleasant conditions, when this is so much more expensive to do?

John Smith, head of Friends of the Earth, informs us that "the combination of deforestation and increased levels of methane could deal a mortal blow to the fight against global warming."

Kiki Sanchez, an ex-worker at a battery farm, describes the horror: "the chickens don't even have room to stand up and are kept in unimaginably unclean conditions."

If you want these problems to continue then do nothing, but if you want to make a difference then change your own habits; furthermore you can help other people learn about the problems associated with eating meat by coming on the march to Downing Street on the 23rd May 2009.

Misleadingly, people who eat meat argue that it is *essential* (since it is a main source of protein) however this is not true. Common and tasty foods such as eggs and beans are equally, if not superior, sources of protein. Indeed eggs and beans are healthier for you than meat, which is fattening and contributes to heart disease.

Although you might not realise it, eating meat has a hugely negative impact on the environment.

For instance, as it is cheaper to keep chickens locked in tiny cramped cages, this is the most common way they are farmed. Even though some chickens are allowed to roam freely before being killed, much more commonly they are kept in atrocious conditions.

Over the last ten years the levels of methane in the atmosphere have doubled (Intergovernmental Panel on Climate Change).

Everyday millions of animals are cruelly and needlessly slaughtered to satisfy the selfish desires of humans. Ending this evil practice should be everyone's priority, so that animals are allowed to live free from fear and human interference.

For more information, go to meatismurder.com.

In fact nine out of ten people who had become vegetarians insisted that they did not miss eating meat at all! So why not change your diet?

Subheadings to give children if finding it too difficult

Introduction

Alternatives to meat

Damage to the environment

Cruelty to animals

Conclusion