

Read the sentences below and decide if they're true (T) or false (F).



If I am vegan/vegetarian

I care about animals and don't want them to suffer.	
I am weak and unhealthy.	
I eat a lot of fruits, vegetables, and plant-based food.	
I want to force everyone to stop eating meat.	
Being vegan or vegetarian is always expensive for me.	
I stopped eating meat for health reasons.	
I can get enough protein from beans, nuts, and tofu.	
I read food labels carefully.	
I don't like the taste of meat.	
I only eat salads and nothing else.	



Read the sentences below and decide if they're true (T) or false (F).

If I eat meat...

I don't care about animals or the environment.	
I am not open to trying vegan or vegetarian meals.	
I don't eat any vegetables or fruits.	
I am unhealthy and eat too much fast food.	
I believe eating meat is a personal choice.	
I eat meat because it is a part of my culture or family tradition.	
I understand that some people choose not to eat meat, and I respect their choice.	

