

Watch the following video

[https://www.ted.com/talks/graham\\_hill\\_weekday\\_vegetarian?language=en](https://www.ted.com/talks/graham_hill_weekday_vegetarian?language=en)

Below is a list of Graham Hill's arguments. You should be able to evaluate each argument and explain why you think it is/isn't an effective argument. You should be able to justify your evaluation and explanation by providing adequate reasons.

1. The health benefits of a completely vegetarian diet are dramatic, and useful to everyone.
2. The health benefits of eating meat twice a week only are still better than daily consumption.
3. A vegan diet is too extreme and unrealistic. Being a vegetarian or "weekday vegetarian" is much easier.
4. You don't need to completely eliminate meat from your diet to eat ethically.
5. Rigid plans like "no meat during the week" are easy to follow. Furthermore, because you don't have to give up meat entirely, it is more motivating to follow the plan.
6. The seafood and fishing industries are also bad for the environment and society in their own ways, so they don't need to be your only ethical food options.
7. Vegetable farms are far better for the environment than other types.
8. The production of animal-based products like leather or dairy is going to continue regardless of whether you eat meat or not.
9. Methane from meat-producing cows is a major contributing factor of climate change, so we shouldn't rely on it as our main protein source.
10. Not eating meat helps you lose weight.