

Summary Writing- 2

Read Text B, **Top Reasons to Go Vegan**, which comes from a website aiming to persuade people to switch to a vegan diet, and answer Question 3.

Question 3: (a) Summarise the benefits and attractions of 'going vegan', according to Text B. You must use continuous writing (not note form).

Use your own words as far as possible.

Avoid copying long sections of the text.

Your summary should be no more than 150 words.

Up to 10 marks are available for the content of your answer and up to 10 marks for the quality of your writing.

Many people's New Year resolutions include losing weight, eating better, getting healthier and doing more to make the world a better place. You can accomplish all these goals by switching to a vegan diet, and you'll enjoy delicious, satisfying meals as well. Is shedding some extra pounds first on your list of goals for the new year? Vegans are, on average, up to 20 pounds lighter than meat-eaters. And unlike unhealthy fad diets, which leave you feeling tired (and gaining all the weight back eventually), going vegan is the healthy way to keep the excess fat off for good while feeling full of energy. Every vegan saves more than 100 animals a year from horrible abuse. There is simply no other way that you can easily help so many animals and prevent so much suffering than by choosing vegan foods over meat, egg and dairy products. A vegan diet is great for your health! According to the American Diabetic Association, vegans are less likely to develop heart disease, cancer, diabetes or high blood pressure than meat-eaters. Vegans get all the nutrients they need to be healthy (e.g. plant protein, fibre, minerals, etc.) without all the nasty stuff in meat that slows you down and makes you sick, like cholesterol and saturated animal fat. So you're worried that if you go vegan, you'll have to give up hamburgers, chicken sandwiches and ice cream? You won't! As the demand for vegan food skyrockets, companies are coming out with more and more delicious meat and dairy product alternatives that taste like the real thing but are much healthier and don't hurt any animals. Plus, we have thousands of tasty kitchen-tested recipes to help you get started! It's disgusting but true. Meat is often contaminated with faeces, blood and other bodily fluids, all of which make animal products the main source of food poisoning in the United States. Scientists tested supermarket chicken flesh and found that 96 per cent of the brand tested was contaminated with campylobacter, a dangerous bacterium that causes 2.4 million cases of food poisoning

