

## Veganism Even for Christmas?

W: Hey, Greg! Over here. Wanna have lunch with us?

M: Yeah, sure!

W: Wow, your lunch looks so good, It's so colorful!

M: Thanks. I became Vegan last month. **It's been a tough transition**, but I think it's been so good for my health! And I've really started to like cooking!

W: You're vegan? Does that mean you don't eat meat?

M: That's vegetarianism. When you're vegan, you don't eat meat, dairy, or eggs: so basically, any food that comes from animals. Most vegans don't even eat honey, because it's made by bees.

W: Why would anyone choose NOT to eat meat? It tastes so good! And it's almost Christmas. Don't you want to eat delicious chicken or something?

M: Because being vegan is really good for your health! And it's also **ethically** good, 'cause we don't **harm** animals! It's better for the environment as well. Did you know **animal agriculture is the second largest contributor to human-made greenhouse gas emissions, after fossil fuels?**

W: Well, I'd never be able to give up meat, **let alone** other **animal-based stuff**. I eat meat every day! I mean, humans are **carnivorous**. It's natural for us to eat meat!

M: Maybe, but you don't need to completely cut out animal products. If you want to make a change, **every little bit counts!** You can try doing "No-meat Mondays," Veganuary, or even just **cut back on** animal products you don't really like. Even **cutting down** the amount of meat in half will help your health and the environment!

W: Yeah, you're right. Hey, can I have a taste of that? It looks soo good!

(Written by Minao Capper)

**\*\*\* It's a Good Expression \*\*\***

(今回の重要表現)

**It's been a tough transition**

(ビーガンに移行するのは) 簡単ではなかった

**ethically**

道徳的に

**harm**

害を与える

**Animal agriculture is the second largest contributor to human-made greenhouse gas emissions, after fossil fuels.**

畜産は化石燃料に次いで2番目に多く、人間活動による温室ガスの放出に貢献している。

**let alone**

～は言うまでもない、まして～はなおさらだ

**animal-based stuff**

動物性商品

**carnivorous**

肉食の

**every little bit counts**

少しの努力でも役に立つ、塵も積もれば山となる

**Veganuary**

ビーガニューアリー (1月の1ヶ月だけビーガンに挑戦するイベント)

**cut back on / cutting down**

減らす