

Student's name
Instructor's name
Course
Date



OUTLINE

I. Introduction

A. Definition of the word “Vegetarianism”.

THESIS: The decision of becoming a vegetarian is influenced by inner and outer factors such as beliefs and health.

II. The origin of vegetarianism and its development.

- A.** Pescatarians.
- B.** Flexitarians.
- C.** Vegetarians.
- D.** Vegans.
- E.** Raw vegans.
- F.** Macrobiotic diet.

III. The main reasons that persuade people to take up vegetarian way of life.

- A.** Environmental damage.
- B.** Ethical aspect.



- C. Religious beliefs.
- D. Healthy way of eating.

IV. Scientific point of view on being a vegetarian. Its pros and cons.

V. Conclusion. The choice whether to become a vegetarian or not, depends on numerous factors and it is up to you to decide whether they are relevant to your lifestyle.

