

Dining In, a popular food magazine, wants to find out what young people think about vegetarianism. They asked their readers to send in essays. The best one will appear in their magazine.

You have decided to take part in the writing contest. In your essay you should:

- analyse reasons for either choosing to be vegetarian or not
- evaluate the effect of choosing a vegetarian or mixed diet
- suggest other ways that people could eat more responsibly

Write around **400 words**. Give your essay a title.