

Krisanov A. V., Delavari D. M.
PROS AND CONS OF BEING VEGETARIAN
Scientific supervisor senior teacher Menjinskaya-Voitova A. V.
Department of Foreign Languages
Belarusian State Medical University, Minsk

The History of vegetarianism dates back to the period of appropriating economy. It is compared with meat-eating in historical aspect. Dietological preferences are closely connected with religion.

Being widely spread among people vegetarianism takes a honourable place in up-to-date dietology recommendations. Popularity of vegetarianism varies from one group of people to another.

Moral aspect of vegetarianism is a question connected to Philosophy and Psychology. Eco-friendly decisions that every vegetarian tends to make sometimes conflict with the outer environment: vegetarians can propagandize their ideas.

The most popular point of view is the following: factories producing meat products are a lot more harmful for our environment than the vegetarian ones. It is crucial to determine is it true or false.

Many companies focusing on different things collaborate with environmentally-friendly companies to be more popular among contemporary environmentalists.

There are many types of vegetarianism:

weak-day vegetarian tries to avoid eating meat from Monday to Friday;

mostly-vegetarian is likely to follow no-meat-diet, he tries to avoid eating meat, but sometimes he does;

semi-vegetarian person is vegetarian not all day long but half of his time, he is vegetarian when it is comfortable for him;

flexitarian is flexible about vegetarianism, he can change his diet and eats both meat and vegetables.

Positive sides of vegetarianism are moral acquirement of that decision, dietologists' positive responses, ecological justification.

Negative sides of vegetarianism are psychiatric diseases, difficulties in finding right ration and its cost, metabolic changes, lack of natural microelements.

Many people ignoring the vegetarianism realize that their values contradict their actions. Understanding the problem of shortening the number of animals people cannot change their ration because of their taste preferences.

Every person decides himself how to build up his diet. Some people acquire vegetarian rations, recommended by their doctors, others tend to follow meat-eating.