

Should a person adopt a vegan diet? A diet in which a person consumes greens and vegetables, avoiding animal based products or foods. No, people should not adopt a vegan diet because it can be unsafe and surprisingly unhealthy.

It can be unsafe due to the diet and what it doesn't have. "Researchers have found that vegan diets are generally lacking in calcium, required for bone formation, muscle contraction, and other essential functions." (Text 1, Line 37-38)

Researchers have shown how the vegan diet can have negative effects to the human body, unsafe. Failing ~~to~~ certain functions of the body.

The Vegan diet can also be unhealthy because of the negative ~~to~~ symptoms it may bring. "The symptoms can be serious and include extreme tiredness and weakness, poor digestion and developmental delays in young children." (Text 3, line 31-33). Due to this vegan diet it can be unhealthy to adapt to.

Though it may seem healthy, it has its negative effects.

Others may think different saying the vegan diet is healthy for you. Due to some of its beneficial effects. "These lifestyle factors, which can also contribute to a lower risk of heart disease and mortality," <sup>quote</sup> this can change certain groups of people point of view due to positive effects.

But overall the Vegan diet is unhealthy and unsafe because of its effects, functions of the body failing to work and symptoms (extreme tiredness, poor digestion, etc...). <sup>is</sup> This is why people should not adopt a vegan diet.

### Anchor Level 3–A

#### CONTENT AND ANALYSIS:

- The essay introduces a precise claim, as directed by the task (*No, people should not adopt a vegan diet because it can be unsafe and surprisingly unhealthy*).
- The essay demonstrates some analysis of the texts (*Researchers have shown how the vegan diet can have negative effects to the human body, unsafe*), but insufficiently distinguishes the claim from alternate or opposing claims (*Others may think different saying the vegan diet is healthy for you. Due to some of it's beneficial effects*).

#### COMMAND OF EVIDENCE:

- The essay presents ideas briefly, making use of some specific and relevant evidence to support analysis (*“Researchers have found that vegan diets are generally lacking in calcium, required for bone formation, muscle contraction, and other essential functions”* and *“The Symptoms can be serious and include extreme tiredness and weakness, poor digestion and developmental delays in young children”*).
- The essay demonstrates inconsistent citation of sources to avoid plagiarism when dealing with direct quotes and paraphrased material, providing two texts with correct citations [(*Text 1, Line 37–38*) and (*Text 3, line 31–33*)] but not providing a citation for a quote from a third text, which is also incomplete (*“These lifestyle factors, which can also contribute to a lower risk of heart disease and mortality”*).

#### COHERENCE, ORGANIZATION, AND STYLE:

- The essay exhibits some organization of ideas and information to create a mostly coherent essay, with an opening paragraph that questions and defines vegan diets, then introduces a claim against the diet, followed by two brief paragraphs of support. A fourth paragraph identifies and exemplifies, but does not refute, a counterclaim, and is followed by a concluding paragraph of summation.
- The essay establishes but fails to maintain a formal style, using primarily basic language and structure (*It can be unsafe due to the diet and what it doesn't have* and *This is why people should not adopt a vegan diet*) that is sometimes inexact (*it can unheathy to adapt to*).

#### CONTROL OF CONVENTIONS:

- The essay demonstrates partial control of conventions (*diet? A diet ... or foods; human body, unsafe; fonctions; others may think different saying; it's beneficial effects; people points of view*) that do not hinder comprehension.

Should people adopt to vegan diet? We'll that's the question/topic that I am about to talk about, and try to reason with the reader. On why having a vegan diet, is very beneficial.

Now as the reader you may be asking how is it better, we'll, there is upside to downside, Text 1 (pros and cons of a vegan diet) line 15 it starts with some pros, as for starters, "Researchers found that both groups experienced a lower risk of cardiovascular diseases." In this day ~~of~~ Of age, Cardiovascular diseases are very common, adding more pollution, just going to help either, nonetheless worsen the problem. As in text 4 line 20, the text states "producing a little more than just 2 ~~pounds~~ pounds of beef causes more greenhouse gas emissions than driving a car for 3 hours or leaving the lights on at home all day." Now going back to the evidence, that's only for 2 pounds of beef, hundreds of thousands if not millions of pounds of beef are produced every day. Not just the air gets polluted, but some goes for the water, text 4 line 30 states "each day billions of pounds of manure are produced, which ends up in lakes rivers and drinking water." Now if you were to eat yourself, would you like manure in your everyday meals?

Onto the other side of the table, some might state, what about your calcium? While yes you can't consume it, there is plant based milks

that contain vitamin b12, the only ~~missing~~ <sup>missing</sup> amino acid that meats give you ~~that~~.  
As stated in passage 3 line 30. While  
we red meats taste amazing, at what cost  
do you value your health, when feres are in your  
food, or when you have a sudden cardiovascular  
disease? It's a process, a very long one, but everyone  
~~er~~ must, should transition or add more  
vegan based diets in your lifestyle

### Anchor Level 3–B

#### CONTENT AND ANALYSIS:

- The essay introduces a reasonable claim (*having a vegan diet, is very benoficial*), as directed by the task.
- The essay demonstrates some analysis of the texts (*Now going back to the evidence, that’s only for 2 pounds of beef, hundreds of thousands if not millions of pounds of beef are produced every day. Not just the air gets polluted, but same goes for the water and While yes red meats taste amazing, at what cost do you value your health, when feces are in your food, or when you have a sudden cardiovascular disease?*), but insufficiently distinguishes the claim from alternate or opposing claims (*Onto the other side of the table, some might state, what about your calcium?*).

#### COMMAND OF EVIDENCE:

- The essay presents ideas briefly, making use of some specific and relevant evidence to support analysis (*“producing a little more than just 2 pounds of beef causes more greenhouse gas emmisions than driving a car for 3 hours or leaving the lights on at home all day” and “each day billions of pounds of manure are produced, which ends up in lakes rivers and drinking water”*).
- The essay demonstrates inconsistent citation of sources to avoid plagiarism when dealing with direct quotes and paraphrased material [*Text 1 (pros and cons of a vegan diet) line 15 and passage 3 line 30*]. While text and line numbers are given, quoted material is miscopied and line numbers are inaccurate or not all inclusive. The last quote is attributed to Passage 3, which does discuss vitamin B<sub>12</sub>. However, the rest of the information is loosely taken from Text 1 (*plant based milk and missing amino acids*).

#### COHERENCE, ORGANIZATION, AND STYLE:

- The essay exhibits some organization of ideas and information to create a mostly coherent essay, consisting of three paragraphs that first introduce the claim, then support the claim in regard to the benefits of a vegan diet to the heart and in reducing pollution, and concludes with a paragraph that briefly addresses a counterclaim and reiterates the claim (*It’s a process, a very bing one, but everyone or most, should transition or add more vegan based diets in your lifestyle*).
- The essay lacks a formal style (*We’ll that’s the question/topic that I am about to talk about; Now as the reader you may be asking; Now if you were to ask yourself*), using some language that is imprecise (*adopt to vegan diet; is upside to downside; it starts with some pro’s, as for starters; In this day of age; some goes for the water*).

#### CONTROL OF CONVENTIONS:

- The essay demonstrates a lack of control of conventions, exhibiting frequent errors [*about, and; reader. On; diet, is; benoficial; better, we’ll there is upside; downside, Text 1 (pros and cons of a vegan diet) line 15 it; pro’s; both group’s; common adding; isnt; emmisions; thousands if not millions of pounds; in lakes rivers; some might ... your; 30. While yes red meats*] that make comprehension difficult.

After reading All Four text ~~the~~ people should Adapt to a Vegan diet Because Being Vegan Is healthy for The Body ~~is~~ with such as Vitamin C, magnesium, Iron and Lower in calories And Its Better for The planet Because of ~~the~~ animals not having to Eat meat causes Less animals to Risk And can help with A lot of health Risks Because of vitamins It contains for The Body And ~~the~~ not Adopting to A vegan diet Can put you to Surtant Risks Aswell such as diabetes, heart health problems, what can prove

This Information According to text 1 "Pros and Cons of a Vegan diet" It says "Studies comparing different types of diets have found that vegan ~~is~~ eating Ranks highest for nutritional quality A vegan diet is generally high in fiber vitamin C, magnesium iron, and folate and lower in calories and saturated fats"

And This shows that vegan diets can be healthy for the Body and health Risks Because the vitamins ~~is~~ all the nutrients being used in vegan products and causes a healthier ~~is~~ Apart for people to get accustomed to And Its up to high Ranks for the nutrition ~~is~~ quality And with knowing that It was showing how a healthier diet can cause good effects on your Body ~~is~~ mental health issues with vitamins ~~is~~ nutrients Also According to ~~the~~ text 2 it says "In a recent study looking at the effects of a diet high in plants But not strictly vegan researchers

Used indexes that ranked people according to how much there diet consisted to plant Based food compared to Animal foods

**Anchor Level 2–A**

**CONTENT AND ANALYSIS:**

- The essay introduces a reasonable claim, as directed by the task (*After reading All four text people should Adopt to a Vegan diet Because Being vegan Is healthy for the Body with such as Vitamin C, magnesium, iron and lower in calories*).
- The essay demonstrates some analysis of the texts (*And This shows That vegan diets Can Be healthy for the Body And health Risks Because The vitamins & All The nutritions Being used In vegan products*), but fails to distinguish the claim from alternate or opposing claims.

**COMMAND OF EVIDENCE:**

- The essay presents ideas inconsistently (*“in a recent Study Looking at the effects of a diet high in plants But not strictly vegan researchers used indexes that ranked people according to how much there diet consisted to plant Based food compared to Animal foods”*) and inaccurately (*Because of animals not having to eat meat causes less animals to Risk*), in an attempt to support analysis, making use of some evidence that may be irrelevant.
- The essay demonstrates little use of citations to avoid plagiarism when dealing with direct quotes and paraphrased material (*According To text 1 and Also According To text 2*), with some miscopying within the two quoted examples and no line numbers given.

**COHERENCE, ORGANIZATION, AND STYLE:**

- The essay exhibits inconsistent organization of ideas and information, failing to create a coherent essay, consisting of an opening paragraph that introduces a claim focused on why *Being vegan Is healthy* with examples, some of which are unclear (*And can help with Alot of health Risks Because of vitamins It contoins for The Body*), followed by a second paragraph that consists of a supportive quote, a third paragraph that explains the quote, and a final paragraph that states an incomplete quote that is not connected to the original claim, with no follow up or concluding thoughts.
- The essay lacks a formal style, using some language that is inappropriate (*heart & health*) and imprecise (*Causes less animals to Risk; problems What can prove; All the nutritions; Up to high Ranks for and there for “their”*).

**CONTROL OF CONVENTIONS:**

- The essay demonstrates a lack of control of conventions, exhibiting frequent errors (*four text; Its Better; Alot; contoins; Surtant; “Pros and Cons of a Vegan diet”; quailty A; fiber vitamin c, magnesium iron; Apatite; get acustom; plants But; vegan researchers*), along with the consistent misuse of capital letters, that make comprehension difficult.

People show it meat. in The Reason why I say this is because meat help your bone to grow and stronger us just as vegetable. in The article says The animal drink water just like us but most of the animals in the us are consume by human for example. "As the world appetite for meat increases countries across the globe are bulldozing huge swaths of land to make more room for animals as well as crops to feed them. from tropical rain" which it me The we eating all the animal from the planet



## Anchor Level 2–B

### CONTENT AND ANALYSIS:

- The essay introduces a claim (*People shou it meat*).
- The essay demonstrates confused and unclear analysis of the texts (*in The Atircles SAYs The Animal drink wate just like us But most of The Animals in the USA are consume by Human and which it me The we eating all The Animal From The Planet*), failing to distinguish the claim from alternate or opposing claims.

### COMMAND OF EVIDENCE:

- The essay presents ideas inconsistently and inaccurately in an attempt to support analysis, with one brief paraphrased reference (*meat Help your bone to grow*) and a single quote (“*As The world Appetite for meat increases countries ACross The globe are bulldozing Huge swaths of LAnd ... From tropical RAin*”), which ends mid-sentence and is unrelated and somewhat contradictory to the claim.
- The essay does not make use of citations.

### COHERENCE, ORGANIZATION, AND STYLE:

- The essay exhibits little organization of ideas and information, consisting of a single paragraph that states the claim and *The Reason why* followed by a failed attempt to support the claim with a partial quote that is somewhat contradictory and with explanations based on faulty reasoning. There are no concluding thoughts nor any return to the original claim of why people should eat meat.
- The essay uses language that is predominantly incoherent (*shou it; in The Reason; Help your bone to grow And stronger just as vegetable; drink wate; Which it me The we*).

### CONTROL OF CONVENTIONS:

- The essay demonstrates a lack of control of conventions, exhibiting frequent errors (*People ... your; shou it; meat. in The Reason; meat Help; just as vegetable; Atircles; Animal drink wate; like us But; are consume by; world appetite; all The Animal*), as well as random capitalization, that make comprehension difficult.

I think that it is ok to go vegan but I wouldn't do it because I enjoy the taste of meat. If you are committed to a vegan diet, and exercise consistently, you could ~~obtain~~ a great physique, and you would be receiving most of your daily nutrients. It would be most healthy to eat a balanced portion of both meat and ~~meat~~ veggies. It is also important to eat a good amount of carbohydrates to give you energy through the day and to make you feel more full. At the end of the day the diet is up to the preference of the person doing it.

Maintaining your health isn't all just watching what you eat, it also having a ~~exercise~~ consistent exercise routine. If you want to build muscle it is important to be in a caloric surplus. This means adding around 500 extra calories than what you normally consume, but it has to be clean foods that are high in protein, contain some carbs and low in fat. It is also very important to eat about 1.5 or 2 times your body weight in ~~grams~~ grams of protein. When actually training it is vital to only move weight that you can move for 8 reps to failure for 3 to 4 sets. This ~~helps~~ helps muscle growth. When training it also helps to train muscle groups together, for example training back and bicep or chest/shoulder and tricep. This makes it easier to train muscle groups ~~twice~~ twice a week. Taking supplements like creatine will help you store more water in the muscles and make the muscles bigger and stronger.

## Anchor Level 1–A

### CONTENT AND ANALYSIS:

- The essay introduces a reasonable claim, as directed by the task (*I think that it is ok to go vegan ... If you are committed to a vegan diet, and exercise consistantly, you could obtain a great physique, and you would be recieving most of your daily nutrients*).
- The essay does not demonstrate analysis of the texts.

### COMMAND OF EVIDENCE:

- The essay presents no evidence from the texts.
- The essay does not make use of citations.

### COHERENCE, ORGANIZATION, AND STYLE:

- The essay exhibits acceptable organization of ideas and information to create a coherent essay, by first stating a claim and then, though unrelated to the texts, continuing to discuss the importance of a well-balanced diet. The essay then moves to a second paragraph that focuses on the importance of, and suggestions for, developing a *consistant exercise routine*, with effective use of transitions throughout (*It is also important; This means; When training it also helps*).
- The essay establishes but fails to maintain a formal style, using primarily basic language and structure that includes personal commentary (*it is ok ... but I wouldnt do it*) and speaks informally to the reader through the use of the second-person pronoun (*to make you feel more full; If you want to; you can move*) that is sometimes inexact (*it also having*).

### CONTROL OF CONVENTIONS:

- The essay demonstrates partial control of conventions, exhibiting occasional errors (*consistantly; recieving; isnt; muscle it; normaly; failiure; eaisier; suppliments*) that do not hinder comprehension.

#### \* CONDITION CODE:

Holistically, this is a Level 1 response because, although it has some Level 4 and 3 qualities, it is a personal response as it makes little reference to the task and no reference to the texts and can be scored no higher than a 1.

A Vegan is people who live evry day eaten  
plant food.

**Anchor Level 1–B**

**CONTENT AND ANALYSIS:**

- The essay does not introduce a claim.
- The essay does not demonstrate analysis of any texts.

**COMMAND OF EVIDENCE:**

- The essay presents no evidence from the texts.
- The essay does not make use of citations as no evidence exists to be cited.

**COHERENCE, ORGANIZATION, AND STYLE:**

- The essay is minimal, making assessment unreliable, consisting of a single sentence.
- The essay lacks a formal style, using language that is imprecise (*A Vegan is people who live evry day eaten plant food*).

**CONTROL OF CONVENTIONS:**

- The essay is minimal, making assessment of conventions unreliable.

Part 2 – Practice Paper – A

I think veganism is bad for your health in the long run while it can provide a somewhat healthy diet you're going to lack some major vitamins.

[Growing trend of veganism] L(2223)  
"poorly planned vegan diets that do not replace critical nutrients found in meat, can lead to serious micronutrient deficiencies." This is evidence support my main claim which is that you're gonna lack a few major vitamins/nutrients

People should adopt a vegan diet. I've always considered it myself & after reading these articles, I 100% support veganism ~~because~~ because it's healthy, good for the environment & encourages people to be more creative with their food.

Veganism, while challenging to maintain has lots of health benefits which are definitely worth it in the long run. ~~because~~ because vegans can't eat any animal products, they consume more fruits, vegetables, & legumes which contain fiber, magnesium, iron, folate & other vitamins & minerals that regular eaters don't get enough of. Vegans also tend to have a lower caloric intake as well as consume less saturated fats. (Text 1, Line ~~10-12~~ 10-12).

Most vegans also lead healthy lifestyles (Text 2, Line 49), they typically consume less alcohol, smoke less & exercise more consistently than the average person. (Text 2, Line 49). While eating a balanced diet that doesn't involve vegan restrictions is also very healthy, there is proof that suggest that a "plant-based" (vegan) diet is healthier & reduces the risk of disease, if you do it RIGHT (Text 2, Line 58-61). Because even if you eat a healthy, "balanced" diet without vegan ~~restrictions~~ restrictions, you are more likely to eat more processed foods & drinks (Text 2, Line 28, -29)

Veganism is also better for the environment, & reduces your carbon footprint. People's increased consumption & demand for meat requires that more valuable land be used to make room for animals to be raised & killed to eat. (Text 4, Line 1-2)

~~to raise~~ Animals need a lot of natural resources in order to be fed & raised. Pigs need 21 gallons of water in one day, cows need 50 gallons of water in one day. (Text 4, Line 13-14). These animals also produce a lot of waste & even though it's used for plant fertilizer, it inevitably ends up in our lakes, rivers & drinking water. On top of water pollution, it also pollutes our air & is the number one source of waste in our groundwater (Text 4, Line 26-32). If more people went vegan we would decrease the amount of animals being raised for food & would in turn decrease air & water pollution.

Some might say that vegans miss out on certain vitamins, minerals & nutrients found in ~~meat~~ meat & animal products. For example Vitamin B<sup>12</sup> is found in meat, eggs & dairy and its purpose is to prevent nerve damage. If prolonged, vitamin B<sup>12</sup> deficiency can lead to irreversible symptoms. (Text 2, Line 6-10). However this problem can easily be solved by taking vitamin B<sup>12</sup> supplements & consuming foods fortified (enhanced) with vitamin B<sup>12</sup>.

In conclusion, a plant based vegan diet is healthy, ~~is~~ good for the environment any nutritional values from animal products can easily be replaced with plant-based alternatives. People should be encouraged to go vegan, especially if they are at risk for more health complications.

With the increase of social media users getting exposed to nutritional information and lifestyle trends endorsed by celebrities/influencers, it is not surprising to see there is an increase in both the interest and the adoption of the vegan lifestyle. A vegan diet, in its simplest way, is a diet without the consumption of meat, eggs, dairy, honey, or anything produced from animals. Scientists and doctors have studied the effects of going vegan and the diet might devoid an individual of the natural vitamins that come from meat products, or if one is more prone to certain diseases or long term effects. However, based on three articles titled "Pros and Cons of a Vegan Diet", "Are There Health Benefits to Going Vegan", and "Veganism and The Environment" there is evidence that going vegan does more good than bad.

Going vegan promotes a healthier lifestyle. It has been scientifically proven that going vegan shows the effects of living longer, safer, and healthier. With technology being further advanced by the second, it has never been easier to tell the health benefits of veganism like it is today. According to studies, "A vegan diet is generally higher in fiber, vitamin C, magnesium, iron, folate... a reduced risk of obesity, hypertension, type-2 diabetes, and cardiovascular mortality" (Text 1, Lines 10-12, 17-20). Vegan diets have been chemically redesigned to manipulate not only the appearance and taste



of meat/dairy, but also the nutritional benefits. There is a reason vegans are typically thought of as being healthy because they incorporate vegetables and fruits into their diet, as it is necessary to consume those vitamins and nutrients in some form. As for concerns about vitamin deficiency and risk of haemorrhagic stroke, "While low cholesterol is protective for heart disease and ischemic stroke... low cholesterol levels may be linked to a small risk of haemorrhagic stroke."

(Text 2, Lines 16-20). This is a valid concern, for both vegans and meat-eaters. A meat-eater could have low cholesterol and be prone to the same risks. It really all comes down to the genetics your body naturally has. Yes, vegans can be lacking in some nutrients, but they make up for it by maintaining a generally healthier lifestyle than meat-eaters.

Another concern for many transitioning vegans is environmental effects of using animals as a source of food. Some feel morally unable to go about killing animals and some worry about the environmental footprint they might be leaving behind "Carbon dioxide, methane, and nitrous oxide together cause the vast majority of global warming. Producing a little more than 2 pounds of beef causes more greenhouse-gas emissions than driving a car for three hours..." (Text 4, Lines 17-19). If we put that into perspective, 2 pounds of beef is barely enough to feed one family. If that much beef is being bought a million times, all over the world that is how much energy and greenhouse gases are affecting the world. There are also concerns

of animal cruelty, and genuine concern for the ways in which animals are being treated and killed simply for human eating. Animals like chicken or cows are often fed drugs to help them produce bigger eggs and produce milk at a faster rate. Additionally, "Cows, calves, pigs, chickens, turkeys, ducks, geese, rabbits, and other animals are kept in small cages, or stalls, where they are unable to turn around. They are deprived of exercise so that all their energy goes toward producing flesh, eggs, or milk for human consumption," (Text 4, Lines 35-38). Many vegans cannot support this abuse and use veganism as one step towards a healthier life for animals.

Ultimately, veganism should be offered as a choice. There are pros and cons that outweigh everything in the world, but when it comes down to what the mind wants, there is no arguing that. Of course, there are scientific health benefits and environmental benefits that come with veganism. Modern technology has made veganism so much more accessible to the general population and turning vegan has transformed so many lives.

There is a current debate about whether ~~whether~~ or not people should adopt a vegan diet. Both sides of the argument contain scientific information which supports the argument to which option outweighs the benefits of the other. I believe that the pros of having a diverse diet outweigh the cons of it. Therefore, I believe that people should not adopt a vegan diet because the cons of being vegan outweigh the pros according to the texts provided.

Aside from the negative health effects, becoming vegan limits food choices which can make it more difficult to find food in some places around the world. Being vegan also causes some nutritional deficiencies. For example, a vegan diet lacks ~~the~~ calcium and proteins which are found in animals. According to lines 37 and 38 of Text 1, author Stevan Bekman explains, "Researchers have found that vegan diets are generally lacking in calcium, required for bone formation, muscle contraction, and other essential functions." Having a vegan diet also requires diligence since vegans have to be accustomed to reading labels off of foods to make sure there's no meat in it. Being vegan creates an easily avoidable situation where your health deteriorates and you have less options of food available.

Despite the possible benefits of becoming a vegan, the toll it takes on an individual's health and lifestyle makes these benefits seem irrelevant. ~~Many~~ Vegans lack key vitamins and minerals that are essential to having a strong, healthy body. For example, vegan foods leave out minerals like B12 and are heavily processed which could lead

to an increased chance of a stroke. Many studies done on the vegan lifestyle are inconclusive, which becomes a hazard since we don't fully know all of the negative effects being vegan ~~can~~ can have on an individual. In lines 49 to 55 of Text 2, Jessica Brown states, "In other words, it didn't prove whether a strictly vegan diet is any more beneficial than a diet made up ~~of~~ mostly of fruit and vegetables, but with some animal products."<sup>2</sup> Because of this inconclusiveness, people should not adopt a vegan diet.

Diets, though they are just a collection of foods can be controversial, especially when the diet doesn't include meat. The vegan diet is one where people don't eat meat or any animal produced foods. People who eat vegan may have different reasons for choosing this diet, but some of the most common are that it's better for the environment, and it limits animal cruelty. Some argue that a vegan diet is bad because it can lead to negative health effects. However, people should adopt a vegan diet because the positive benefits far outweigh the possible problems.

A benefit to adopting a vegan diet is that it would result in a better environment. According to Text 4, it states "Producing a little more than 2 pounds of beef causes more greenhouse gas emissions than driving a car for three hours and uses up more energy than leaving your house lights on for the same period of time." (Lines 18-20) By eating a plant based diet it would reduce the amount of emissions caused by farm animals and mass packaging factories. Less greenhouse pollutions in the air could be extremely helpful towards building a healthier earth. Furthermore, people typically buy more than two pounds of beef per purchase to feed their families, so not buying meat would reduce pollution overall and help save the environment.

Another reason to switch to a vegan diet

Would be to lessen animal cruelty related to eating meat. No animals are harmed or killed to produce Vegan Friendly Foods, but the factory farming industry strives to produce the most milk, meat, and eggs as quickly and as cheaply as possible resulting in harmful processes to do this. According to Text 4 "... they are fed drugs that fatten them more quickly and they are genetically manipulated to grow fatter or produce much more milk or eggs than they would naturally." (Lines 28-40) This is essentially animal abuse, all for the sake of satisfying people's need to eat meat, while a vegan diet has many delicious options that taste and look similarly to actual meat products, without hurting animals.

Some people argue that a vegan diet damages health because it can lead to vitamin deficiencies and other nutrients. In Text 3 the authors state "Vegans are consistently reported to have lower intakes of calcium and Vitamin D, with resultant lower blood levels of vitamin D and lower bone mineral density reported worldwide" (Lines 24-26) The argument is that vegan diets are not optimal because people will not get the nutrients they need. But the other health benefits of a vegan diet make up for the deficiencies and vegans can make up for the deficiencies by eating certain foods and taking supplements. In Text 1 it states "Vegans can increase their intake by eating calcium-rich foods, such as leafy green vegetables, pulses, sesame seeds, some dried fruits, and calcium

fortified foods... " (Lines 39-40). If vegans eat a well-balanced diet with a variety of fruits and vegetables, they can be well-nourished.

Vegan diets are good and if more people eat vegan, it can lower the risk of climate change and stop animal cruelty. Ultimately, a vegan diet could improve everyone's overall health simply by swapping a plate of food.

People concluding whether they should or shouldn't adopt a vegan diet is ~~a~~ difficult topic. As veganism has its benefits and might make you feel as if you're healthier I think not everyone is capable of making the change. Veganism can arise concerns in you're well-being if not kept up with well enough which brings my argument that you ~~shouldn't~~ shouldn't adopt a vegan diet.

There are many researches done to back up my statement in veganism not being the easiest or healthiest flip. For starters veganism is the avoidance of all animal products including milk, eggs, and even honey which are all filled with good nutrients and protein which many vegans do lack. In "Are There Health Benefits to Going Vegan?" by Jessica Brown there were recent studies comparing the health differences between meat-eaters, pescatarians, and vegans. She stated "They found that people who eat vegan and vegetarian diets have a lower risk of heart disease, but a higher risk in stroke, possibly part due to a lack of B<sub>12</sub>." Which brings up my next claim <sup>that</sup> "you can be healthy and still end up with health concerns cutting meat with so much protein ~~might~~ will not stop anything. In my second article "Vegan Diets are Adding to Malnutrition in Wealthy Countries" by Chris Elliot, Chen Situ, and Claire McEvoy they stated "poorly planned vegan diets that do not replace the critical nutrients found in meat, can lead to serious micronutrient deficiencies." This brings the concerns back up for those who won't keep up and want to convert to this diet just for the nice sound of "being healthier." My last text is "Pros and Cons of a Vegan Diet" by Shereen Lehman, MS.



Part 2 – Practice Paper – F

She goes back to my claims of vegans having lack of nutrition using studies. "Researchers have found that vegan diets are generally lacking in calcium, required for bone formation, muscle contraction, and other essential functions". Vegans need to be on top of their search for what would really help them receive all their needed intake.

Veganism is a bit or miss diet change, most won't be able to keep up with without the right information. If it's so healthy for you and lets you live a stress free life why isn't it spoken about more or even told to children and schools or after school clubs. Is the limited food options going to be easy for you to adapt to after eating meat for so long.

**Practice Paper A – Score Level 2**

Holistically, this essay best fits the criteria for Level 2 because the essay introduces a claim, but demonstrates confused or unclear analysis of the texts, failing to distinguish the claim from alternate or opposing claims. It presents ideas inaccurately in an attempt to support analysis, making use of some evidence, and demonstrates little use of citations to avoid plagiarism. The essay exhibits inconsistent organization of ideas and information, failing to create a coherent essay which lacks a formal style, using imprecise language, and demonstrates a lack of control of conventions, exhibiting frequent errors that make comprehension difficult.

**Practice Paper B – Score Level 4**

Holistically, this essay best fits the criteria for Level 4 because the essay introduces a precise claim, and demonstrates an appropriate and accurate analysis of the texts as necessary to support the claim and to distinguish the claim from alternate or opposing claims. The essay presents ideas sufficiently, making adequate use of specific and relevant evidence to support analysis that is properly cited to avoid plagiarism. The essay exhibits acceptable organization of ideas and information to create a coherent essay, establishing and maintaining a formal style through the use of precise and appropriate language and structure. The essay demonstrates partial control of conventions, exhibiting occasional errors that do not hinder comprehension.

**Practice Paper C – Score Level 6**

Holistically, this essay best fits the criteria for Level 6 because the essay introduces a precise and insightful claim, and demonstrates an in-depth and insightful analysis of the texts, as necessary to support the claim and to distinguish the claim from alternate or opposing claims. The essay presents ideas fully and thoughtfully, making highly effective use of a wide range of specific and relevant evidence to support analysis that is properly cited to avoid plagiarism. The essay exhibits skillful organization of ideas and information to create a cohesive and coherent essay that establishes and maintains a formal style, using sophisticated language and structure and demonstrates control of conventions with essentially no errors.

**Practice Paper D – Score Level 3**

Holistically, this essay best fits the criteria for Level 3 because the essay introduces a reasonable claim and demonstrates appropriate and accurate analysis of the texts, as necessary to support the claim and to distinguish the claim from the counterclaim, presenting ideas sufficiently through the use of specific and relevant evidence that is properly cited. The essay exhibits acceptable organization of ideas and information to create a coherent essay that establishes and maintains a formal style using precise and appropriate language and structure that demonstrates partial control of conventions, exhibiting occasional errors that do not hinder comprehension. Although holistically a Level 4, the essay addresses fewer texts than required by the task and can be scored no higher than a 3.

**Practice Paper E – Score Level 5**

Holistically, this essay best fits the criteria for Level 5 because the essay introduces a precise and thoughtful claim, demonstrating thorough analysis of the texts, as necessary to support the claim and to distinguish the claim from alternate or opposing claims. The essay presents ideas clearly and accurately, making effective use of specific and relevant evidence to support analysis and demonstrates proper citation of sources to avoid plagiarism. The essay exhibits logical organization of ideas and information to create a cohesive and coherent essay while establishing and maintaining a formal style, using fluent and precise language and structure that demonstrates control of the conventions, exhibiting occasional errors only when using sophisticated language.

**Practice Paper F – Score Level 3**

Holistically, this essay best fits the criteria for Level 3 because it introduces a reasonable claim, demonstrating some analysis of the texts, but insufficiently distinguishing the claim from alternate or opposing claims. The essay presents ideas briefly, making use of some specific and relevant evidence to support analysis while demonstrating inconsistent citation of sources in an attempt to avoid plagiarism. The essay exhibits some organization of ideas and information to create a mostly coherent essay that establishes but fails to maintain a formal style, using primarily basic language and structure while demonstrating partial control of conventions that exhibit occasional errors that hinder comprehension.