

## Writing a one-sided argument (persuasive) essay

### Topic: a vegetarian diet EXAMPLE

**Argument:** *A vegetarian diet is healthier and better for the environment.*

**Type:** Academic [9 sources].

**Level:** \*\*\*\*\*(B2/C1).

### Lesson Aim

*To develop the students' ability to generate main ideas with support and write a one-sided argument (persuasive) essay.*

### Lead in

- Students briefly discuss what a vegetarian is.
- Focus students' attention to why people become vegetarians.
- Students make a note of arguments in support of the question (a vegetarian diet is healthier) & in opposition (a vegetarian diet isn't any healthier).
- Feed in / check key vocabulary (see next page).

### Assumptions

- Students already know what a one-sided argument (persuasive) is. If not go here: [www.academic-englishuk.com/one-sided-argument-essays](http://www.academic-englishuk.com/one-sided-argument-essays)
- Students already know what a block or a point-by-point essay structure is. If not, go here: <https://www.academic-englishuk.com/essay-structure>
- Students already know what a thesis statement is. If not, go here: <https://www.academic-englishuk.com/thesis-statements>

### Writing

1. Distribute **essay question: Do you agree that a vegetarian diet is healthier and better for the environment?**
2. Students discuss what the essay is asking them to do.
3. Whole class feedback.
4. Students discuss & decide how they wish to structure their essay (point-by-point or block).
5. Distribute **outline#1 block** (blank) or **outline#2 point-by-point** (blank). Students decide on stance & complete outline.
6. Students write a 600-800 word essay. Allow 1.30 hours.
7. Feedback options: i. Peer feedback (**Checklist** included) ii. Distribute **outlines#3 & 4** (completed) & **model essays x 2** (**block 642 words & point-by-point 605 words**) for students to compare. iii. Take in and mark. Use marking code: [www.academic-englishuk.com/error-correction](http://www.academic-englishuk.com/error-correction)

### Scaffolding/Differentiation

- Students use **outlines#3 & 4** (completed) to write the essay.
- Reading activity: students read essays & complete **outline#5 & 6**.

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**Do you agree that a vegetarian diet healthier and better for the environment?**

C. Wilson (2017)

**Key vocabulary**

1. Eating habits.
2. Vegetarianism.
3. Efficiency / efficient.
4. To feed a population.
5. A greener planet.
6. Privilege.
7. Carnivores.
8. Intestine / liver / digestion.
9. Greenhouse Gases (GHGs) & Climate Change.
10. A dense form of something.
11. To elevate.
12. Vitamin B12 / Iron.
13. To absorb.
14. Peer reviewed.
15. Deficit.
16. Mono-agriculture.
17. To grow cereals.
18. United Nations (UN).

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## Outline #1 Block

Use this outline to plan an essay on: *Do you agree that a vegetarian diet is healthier and better for the environment?*

<b>Introduction</b>	
<b>General</b>	
<b>Definition</b>	
<b>Specific</b>	
<b>Thesis</b>	

<b>Counter-arguments (opposite views to yours) - write your ideas and support</b>	
<b>1.Point:</b>	
<b>Support:</b>	
<b>Support:</b>	
<b>2.Point:</b>	
<b>Support:</b>	
<b>Support:</b>	

<b>Arguments (your views that support your thesis) - write your ideas and support</b>	
<b>1.Point:</b>	
<b>Support:</b>	
<b>Support:</b>	
<b>2.Point:</b>	
<b>Support:</b>	
<b>Support:</b>	

<b>Conclusion</b>	
<b>Summary</b>	
<b>Thesis</b>	
<b>Suggestion or prediction</b>	

## **Outline #2 Point-by-point**

Use this outline to plan an essay on: *Do you agree that a vegetarian diet is in healthier and better for the environment?*

<b>Introduction</b>	
<b>General</b>	
<b>Definition</b>	
<b>Specific</b>	
<b>Thesis</b>	

<b>Counter-argument. Transition – Rebuttal Arguments.</b>	
<b>1. Counter-argument:</b>	
<b>Support:</b>	
<b>Support:</b>	
<b>However, rebuttal argument:</b>	
<b>Support:</b>	
<b>Support:</b>	

<b>Counter-argument. Transition -Rebuttal Arguments.</b>	
<b>2. Counter-argument:</b>	
<b>Support:</b>	
<b>Support:</b>	
<b>However, rebuttal argument:</b>	
<b>Support:</b>	
<b>Support:</b>	

<b>Conclusion</b>	
<b>Summary</b>	
<b>Thesis</b>	
<b>Suggestion or prediction</b>	

## Outline #3 Block

Use these ideas to write a two-sided argument on: Do you agree that a vegetarian diet is healthier and better for the environment?

<b>Introduction</b>	
<b>General</b>	Eating habits = changed last 10 years > in vegetarianism.
<b>Definition</b>	Coined - 1840s. [redacted] hat eating meat is wrong" (Spencer, 1993)
<b>Specific</b>	17% U.K vegetarian (Vegoc.org, 2016). [redacted] in restaurants & [redacted] in supermarkets (Smart, 2004). For a vegetarian diet = [redacted] food < polluting. Against - meat = more nutrients & is efficient way to [redacted].
<b>Thesis</b>	A vegetarian diet is healthier and greener for the planet.

<b>Counter-arguments (opposite views to yours) - write your ideas and support</b>	
<b>1. Iron &amp; Vitamin B12.</b>	
<ul style="list-style-type: none"> <li>Fenech &amp; Rinaldi (1995) research = body [redacted] through meat but 20% through plants.</li> <li>Research [redacted] were deficit in B12 to 1:20 meat eaters.</li> </ul>	
<b>2. Efficient production.</b>	
<ul style="list-style-type: none"> <li>Simmons (2009) 85% of [redacted] suitable for growing crops.</li> <li>[redacted] evolved primarily on cereals and beef, changes = years / centuries (ibid).</li> </ul>	

<b>Arguments (your views that support your thesis) - write your ideas and support</b>	
<b>1. All nutrients found in veg. diet (American Dietetic Assoc., 2009).</b>	
<ul style="list-style-type: none"> <li>Suitable for [redacted]</li> <li>Evidence – vegs. = lower risk of mortality (Rocha et al, 2019).</li> <li>Lower risk [redacted] – cardiovascular &amp; [redacted] &amp; diabetes (ibid) &amp; cancer (American Dietetic Assoc., 2009).</li> </ul>	
<b>2. Land use needs to change.</b>	
<ul style="list-style-type: none"> <li>Lower Greenhouse gases (GHGs).</li> <li>The meat industry produces [redacted] than growing [redacted] of all global methane (Scarborough et al., 2014).</li> <li>United Nations Environment Programme (2014), a "[redacted] away from animal products" = stop [redacted] of climate change.</li> </ul>	

<b>Conclusion</b>	
<b>Summary</b>	Critics - Meat = more nutrient & efficient land use. Vegetarian diets = less [redacted] physical and mental health.
<b>Thesis</b>	A vegetarian diet is healthier = greener lifestyle and planet. [redacted], reduces CO2 & CH4 so is [redacted].
<b>Prediction</b>	UN Environmental programme = vegetarian diet will help prevent climate change.

## Outline #4: Point-by-Point

<b>Introduction</b>	
<b>General</b>	Eating habits = [redacted] > in vegetarianism
<b>Definition</b>	Coined - 1840s. Refers to "ideology [redacted] is wrong" (Spencer, 1993)
<b>Specific</b>	[redacted] (Vegoc.org, 2016). Increase in veg [redacted] in restaurants & veg sections [redacted] (Smart, 2004). For a vegetarian diet = healthier /growing food < polluting. Against - meat = [redacted] & is efficient way [redacted].
<b>Thesis</b>	A vegetarian diet is healthier and greener for the planet.

<b>Counter-argument. Transition – Rebuttal Arguments.</b>	
<b>1. Counter-argument: Iron &amp; Vitamin B12.</b>	
<ul style="list-style-type: none"> <li>Fenech &amp; Rinaldi (1995) research = body absorbs [redacted] through meat but [redacted] plants.</li> <li>Research 2:3 vegetarians were deficit in [redacted] meat eaters.</li> </ul>	
<b>However, rebuttal argument: All nutrients found in veg.diet (American Dietetic Assoc. (2009)</b>	
<ul style="list-style-type: none"> <li>Suitable [redacted] life.</li> <li>Evidence – vegs. = lower risk of mortality (Rocha et al, 2019).</li> <li>Lower [redacted] – cardiovascular [redacted] diabetes (ibid) &amp; cancer (American Dietetic Assoc., 2009).</li> </ul>	

<b>Counter-argument. Transition – Rebuttal Arguments.</b>	
<b>2. Counter-argument: Efficient production.</b>	
<ul style="list-style-type: none"> <li>Simmons (2009) [redacted] is not suitable for growing crops.</li> <li>Mono-agriculture evolved primarily on cereals &amp; beef, [redacted] (ibid).</li> </ul>	
<b>However, rebuttal argument: Land use needs to change.</b>	
<ul style="list-style-type: none"> <li>Lower Greenhouse gases (GHGs).</li> <li>The meat industry [redacted] than growing crops [redacted] global methane (Scarborough et al., 2014).</li> <li>United Nations Environment Programme (2014), a "[redacted] away from animal products" = stop t [redacted] of climate change.</li> </ul>	

<b>Conclusion</b>	
<b>Summary</b>	Critics - Meat = more nutrient [redacted] use. Vegetarian [redacted] polluting and better for health.
<b>Thesis</b>	A vegetarian diet is healthier = [redacted]. Growing crops = less polluting, [redacted] so is important globally.
<b>Prediction</b>	Supports the views of the UN Environmental programme, which suggests a vegetarian diet will help prevent climate change.

## Do you agree that a vegetarian diet is healthier and better for the environment?

C. Wilson (2017)

### Block

Vegetarianism, coined in the 1840s and referring to an “ideology that eating meat is wrong”, (Spencer, [redacted] the past two decades [redacted] in the U.K are vegetarian, and this is evidenced by the increase in vegetarian dishes in most restaurants and [redacted] (Smart, 2004; Rocha et al., 2019). There are many reasons for this growth, but recent research suggests [redacted] diet is healthier, [redacted] farming animals is less polluting to the environment. Proponents, however, for the meat industry argue that meat contains [redacted] [redacted] -growing human population. Although there is possibly an element of truth in these views, the stance of this essay is that a vegetarian diet is healthier and far greener for the planet.

Proponents for the meat industry have two opposing views against vegetarianism. The first argument [redacted] industry is that meat is the best source of nutrients, in particular iron and vitamin B12. Peer reviewed research by [redacted] body absorbs 35% iron through meat but only 20% through plants. In addition, the same research alleged [redacted] B12 as opposed to 1:20 meat eaters. The second point put forward by critics of vegetarianism is that raising [redacted] food. Citing the US as an example, Simmons (2009) states that 85% of the land is not suitable for growing crops. He also [redacted] has evolved to be based primarily on cereals and beef, and changes in methods would take years, if not centuries (ibid) to implement. [redacted] may hold some validity, the [redacted] far stronger.

With regard to the first point about meat containing more nutrients, according to the American Dietetic Association (2009), a vegetarian diet can [redacted] all nutrients if planned well, and are suitable at all stages of the life cycle. In fact, there is also considerable [redacted] vegetarians have a lower risk of mortality from a number of diseases such as cardiovascular disease, kidney disease [redacted] cancer (American Dietetic Association, 2009). Thus, it can be clearly seen that a vegetarian diet can meet [redacted] a number of health benefits. Moving on to the second point about land efficiency, it is important that [redacted] adverse effects in the future, and one way this can be administered is by selecting a vegetarian diet, as this [redacted] The meat industry produces 54% more GHGs than growing crops and is responsible for 18% of all global methane (Scarborough et al., 2014), which causes climate change. According to the United Nations [redacted] diet change away from animal products” is necessary to stop the worst effects of global climate change. [redacted] a positive effect on [redacted] also on the health of the planet.

In conclusion, this essay has considered the views put forward by proponents for the meat industry that meat is more nutrient [redacted]. However, it is clear from the [redacted] vegetarian diets are better for one’s overall health and are less polluting to the planet. Now is the time more than ever to work towards a [redacted] effects of climate change, and in agreement with the UN environmental programme (2014), a vegetarian diet [redacted].

## Reference list

American Dietetic Association. (2009). Vegetarian Diets: *Journal of the American Dietetic Association*, 109(7), pp.1266-1282.

Fenech, M. and Rinaldi, J. (1995). A Comparison of Lymphocyte Micronuclei and Plasma Micronutrients in Vegetarians and Non-Vegetarians. *Carcinogenesis*, 16(2), pp.223-230.

Rocha, P.J., Laster, J., Parag, B and Shah, N.U. (2019). Multiple health benefits and minimal risks associated with vegetarian diets. *Current Nutrition Reports* 8 pp 374-381.

Scarborough, P., Appleby, P., Mizdrak, A., Briggs, A., Travis, R., Bradbury, K. and Key, T. (2014). Dietary Greenhouse Gas Emissions of Meat-eaters, Fish-eaters, Vegetarians and Vegans in the UK. *Climatic Change*, 125(2), pp.179-192.

Simmons, A. (2009). Until the Cows come Home. *Agriculture & Farming Journal* 9 (1), pp.1-10.

Smart, A. (2004). Adrift in the mainstream: Challenges facing the UK vegetarian movement. *British Food Journal*. Vol 106 Issue 2-3 pages 72-92.

Spencer, C. (1993), *The Heretic's Feast. A History of Vegetarianism*. Fourth Estate: London.

United Nations Environmental Programme (UNEP) (2014). Climate Change. *Publications | UNEP.org*. [online] Available at: <http://web.unep.org/climatechange/cop21/publications> [Accessed 22 Jul. 2016].

Vegsoc.org. (2016). *Vegetarian Society: fact sheet and statistics*. [online] Available at: <https://www.vegsoc.org/statistics> [Accessed 22 Jul. 2016].



## Do you agree that a vegetarian diet is healthier and better for the environment?

C. Wilson (2017)

### Point-by-Point

Vegetarianism, coined in the 1840s and referring to an “ideology that eating meat is wrong”, (Spencer, [redacted] the past two decades [redacted] in the U.K are vegetarian, and this is evidenced by the increase in vegetarian dishes in most restaurants and [redacted] (Smart, 2004; Rocha et al., 2019). There are many reasons for this growth, but recent research suggests [redacted] diet is healthier, [redacted] farming animals is less polluting to the environment. Proponents, however, for the meat industry argue that meat contains [redacted] [redacted] -growing human population. Although there is possibly an element of truth in these views, the stance of this essay is that a vegetarian diet is healthier and far greener for the planet.

Proponents for the meat industry have two opposing views against vegetarianism. The first argument [redacted] industry is that meat is the best source of nutrients, in particular iron and vitamin B12. Peer reviewed research by [redacted] body absorbs 35% iron through meat but only 20% through plants. In addition, the same research alleged [redacted] B12 as opposed to 1:20 meat eaters. However, other research dismisses this claim. According to the American [redacted] of all nutrients if planned well, and is suitable at all stages of the life cycle. In fact, there is also considerable [redacted] vegetarians have a lower risk of mortality from a number of diseases such as cardiovascular disease, kidney disease and diabetes (Rocha et al., 2019) and cancer (American [redacted] clearly seen that a [redacted] meet all the protein needs and provides a number of health benefits.

The second argument put forward by critics of a vegetarian diet is that raising beef is the most efficient way to produce food. Citing [redacted] that 85% of the land is not suitable for growing crops. He also claims that mono-agricultural farming has evolved to be based [redacted] changes in methods [redacted] (ibid) to implement. However, it is important that nations make changes now to prevent adverse effects in the [redacted] administered is by selecting a vegetarian diet, as this leads to lower Greenhouse gases (GHGs). The meat [redacted] growing crops and is responsible for 18% of all global methane (Scarborough et al., 2014), which causes climate [redacted] Environment Programme (2014), a “worldwide diet change away from animal products” is necessary [redacted] climate [redacted] only has a positive effect on people’s physical health, but also on the health of the planet.

In conclusion, this essay has considered the views put forward by proponents for the meat industry that meat is more nutrient [redacted]. However, it is clear from the [redacted] vegetarian diets are better for one’s overall health and are less polluting to the planet. Now is the time more than ever to work towards a [redacted] effects of climate change, and in agreement with the UN environmental programme (2014), a vegetarian diet [redacted]. [605 words]

## Reference list

American Dietetic Association. (2009). Vegetarian Diets: *Journal of the American Dietetic Association*, 109(7), pp.1266-1282.

Fenech, M. and Rinaldi, J. (1995). A Comparison of Lymphocyte Micronuclei and Plasma Micronutrients in Vegetarians and Non-Vegetarians. *Carcinogenesis*, 16(2), pp.223-230.

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Spencer, C. (1993), *The Heretic's Feast. A History of Vegetarianism*. Fourth Estate: London.

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Vegsoc.org. (2016). *Vegetarian Society: fact sheet and statistics*. [online] Available at: <https://www.vegsoc.org/statistics> [Accessed 22 Jul. 2016].

## Peer Feedback Checklist

### One-sided argument (persuasive) essay

**Rationale:** Improve your own writing skills by identifying the following features in your partner's essay.

**Task:** Read your partner's essay and complete column three in the table below.

<b>Introduction:</b>	<b>Yes/No/Not sure</b>
What the topic is and why it is important.	
Definition (if needed).	
Specific information about the topic.	
The context (if needed).	
A thesis statement.	
<b>Main Body:</b>	<b>Answer Questions</b>
How many paragraphs are there?	
Which structure has been used?	
Are both counter-arguments & arguments included?	
Has the student used counter-argument & argument language correctly?	
Has the student linked the main body to the essay question and thesis?	
<b>Conclusion:</b>	<b>Yes/No/Not Sure</b>
Is there a summary of the key points?	
Does it answer the essay question & is the thesis restated?	
Does it end with a prediction or suggestion?	

## Reading Exercise: Outline #5 Block

Fill in this outline for the essay on: *Do you agree that a vegetarian diet is healthier and better for the environment?*

<b>Introduction</b>	
<b>General</b>	
<b>Definition</b>	
<b>Specific</b>	
<b>Thesis</b>	

<b>Counter-arguments (opposite views)</b>	
<b>1.Point:</b>	
<b>Support:</b>	
<b>Support:</b>	
<b>2.Point:</b>	
<b>Support:</b>	
<b>Support:</b>	

<b>Arguments (views that support the thesis)</b>	
<b>1.Point:</b>	
<b>Support:</b>	
<b>Support:</b>	
<b>2.Point:</b>	
<b>Support:</b>	
<b>Support:</b>	

<b>Conclusion</b>	
<b>Summary</b>	
<b>Thesis</b>	
<b>Suggestion or prediction</b>	

## Reading Exercise: Outline #2 Point-by-point

Fill in this outline for the essay on: *Do you agree that a vegetarian diet is in healthier and better for the environment?*

<b>Introduction</b>	
<b>General</b>	
<b>Definition</b>	
<b>Specific</b>	
<b>Thesis</b>	

<b>Counter-argument. Transition – Rebuttal Arguments.</b>	
<b>1. Counter-argument:</b>	
<b>Support:</b>	
<b>Support:</b>	
<b>However, rebuttal argument:</b>	
<b>Support:</b>	
<b>Support:</b>	

<b>Counter-argument. Transition -Rebuttal Arguments.</b>	
<b>2. Counter-argument:</b>	
<b>Support:</b>	
<b>Support:</b>	
<b>However, rebuttal argument:</b>	
<b>Support:</b>	
<b>Support:</b>	

<b>Conclusion</b>	
<b>Summary</b>	
<b>Thesis</b>	
<b>Suggestion or prediction</b>	