

Worksheet 12 – Why so much Fuss about Meat?

The question of whether to eat meat or not eat meat has sometimes caused controversy in the Sikh community. To eat meat or not to eat meat – that is the question! This worksheet provide an opportunity to discuss the advantages and disadvantages, ethics, environmental impact and health issues, with regards to, eating meat.

Why we do it:

1. Why do people eat meat?
2. What are the advantages of eating meat?

Environment:

3. How is meat eating detrimental to rainforests?
4. How is meat eating detrimental to the World's water supply?
5. How does meat eating affect the purity of the air we breathe?

Efficiency:

6. How many pounds of tomatoes can one acre of land produce?
(a) 50,000 pounds (b) 100,000,000 pounds (c) 35,000 pounds (d) 250 pounds
7. How many pounds of meat can one acre of land produce?
(a) 50,000 pounds (b) 100,000,000 pounds (c) 35,000 pounds (d) 250 pounds
8. 72% of the grain produced in the USA is fed to animals raised for slaughter. If this grain was given directly to people, there would be enough food to feed the entire planet. Is this statement TRUE or FALSE?

Health Issues:

7. How is eating Chicken/Turkey/Beef/Pork detrimental to ones health?
8. Is Fish, classified as meat or vegetarian?
9. How is eating Fish detrimental to ones health?
10. Is Egg meat or vegetarian?
11. Are eggs necessary to maintain a healthy body?
12. How does vegetarianism/veganism affect ones life span?
13. How does meat eating affect ones heart?

Animal Issues:

14. What types of conditions, are animals for slaughter kept in?
15. How is the World's Fish population affected by human demands for fish?

Related Issues:

16. Leather is made from animal skin. Should we buy leather products?
17. Is it acceptable for a Sikh to eat meat under any circumstances?
18. Most of the meat sold in Derby, including all the Kebab shops and restaurants sell products made from Halal meat. Is it acceptable for a Sikh to eat these products?