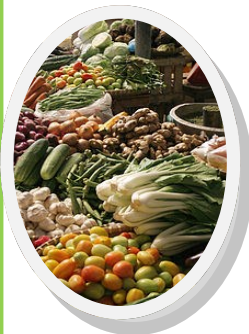




## Does avoiding meat consumption do our environment good?

I feel that vegetarians/vegans care about environmental issues more than meat eaters. However, agriculture also had given a huge impact on our planet negatively. The soil lost its nutrients and has been polluted by pesticides, artificial fertilizers and antibiotics. Vegetarians/vegans are allowed to eat hot chips cooked in genetically modified (GM) soy bean oil or canola oil, which is bad for your health and our environment, isn't it? Hence,



being vegetarian doesn't exactly contribute to our environment in a good way, I feel. Also, why do people pursue meaty/dairy taste, such as vegetarian sausages, vegan chicken nuggets and vegan cheese, after they became vegetarians/vegans? It seems they contradict themselves.

I like having a lot of vegetable with a hint of meat flavour not a lot of meat flavour without meat. It would make more sense if those who don't want to eat meat (or seafood?) merely loved eating vegetable and fruits.

### Fun lunch for little ones (1 serving)

#### Ingredients:

- 2 boiled eggs
- 2-3 cherry tomatoes
- ½ continental cucumber
- Or 1 baby cucumber \*see note
- 1 small carrot \*see note
- Handful green leafy vegetable
- 1 small potato- sliced baked or steamed
- (Optional) olives, corn, celery, steamed broccoli



#### Directions:

- 1) Wash all vegetables.
  - 2) Cut carrot and cucumber lengthwise.
  - 3) Decorate everything on the plate. Be creative!
- \*Note: If they are not organic, wash with a bicarb soda water to wash off pesticide residue.  
(Mix ½ teaspoon bicarb soda in 250 ml water)

### Wasting deed that many people do.

- 1) Throw away part of vegetables.  
= You can eat them!
  - \* Stems of Broccoli or cauliflower
  - \* Leaves and stems of root vegetables (e.g. beetroots, kohlrabi, radish, carrots)
  - \* Green parts of spring onion and leek, celery's leaves
- 2) Throw away bones of roast meat. = You can make soup.
- 3) Throw away left-overs. = Cook with eggs to make tasty omelette or keep them in the freezer for emergency lunch or dinner.
- 4) Throw away uneaten cheese = When purchased cut them into a small portion, wrap with foil and keep them in the freezer. They can last for a month or so.
- 5) Throw away foods because its expiry date went past.  
= Foods don't go off exactly the time the company guessed. Check if they are smelly or mouldy. Raw eggs, for example, can last for a month or so in the fridge (but not the broken shell ones, and please cook before consuming).

