Case study on personal actions for sustainable food consumption

Ms. Green is a 75-year-old lady who has always enjoyed eating meat. During her childhood, having meat on the table was considered a special treat. And the fact that in the last decades meat has become more affordable has been particularly pleasant for her. Besides, isn't a vegetarian diet a bit restrictive? Do you even get the nutrients that the body needs for a balanced diet?

However, in recent years Ms. Green has begun to think about changing her diet. First, she no longer wants to promote factory farming that is considered necessary to pay the low prices. In addition, she has been also convinced by the arguments that vegetarian or even vegan food can contribute to environmental protection.
But she doesn't want to miss out on enjoyment either. What would you advise her to do?

Please reflect on the following questions:

- What are the pros and cons for giving up meat? Establish two parallel lists of arguments.
- Which list contains more arguments?
- What are especially strong arguments from your personal point of view?
- Now take a look at the arguments against giving up meat. Can something be done to reduce the negative impacts of eating meat?
- Is it possible to reconcile controversial arguments in your list?
- What final advice would your group give to Ms. Green?

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