

LEAGUE PHASE MOTION 2:

The world would be better off if everyone ate a plant-based diet

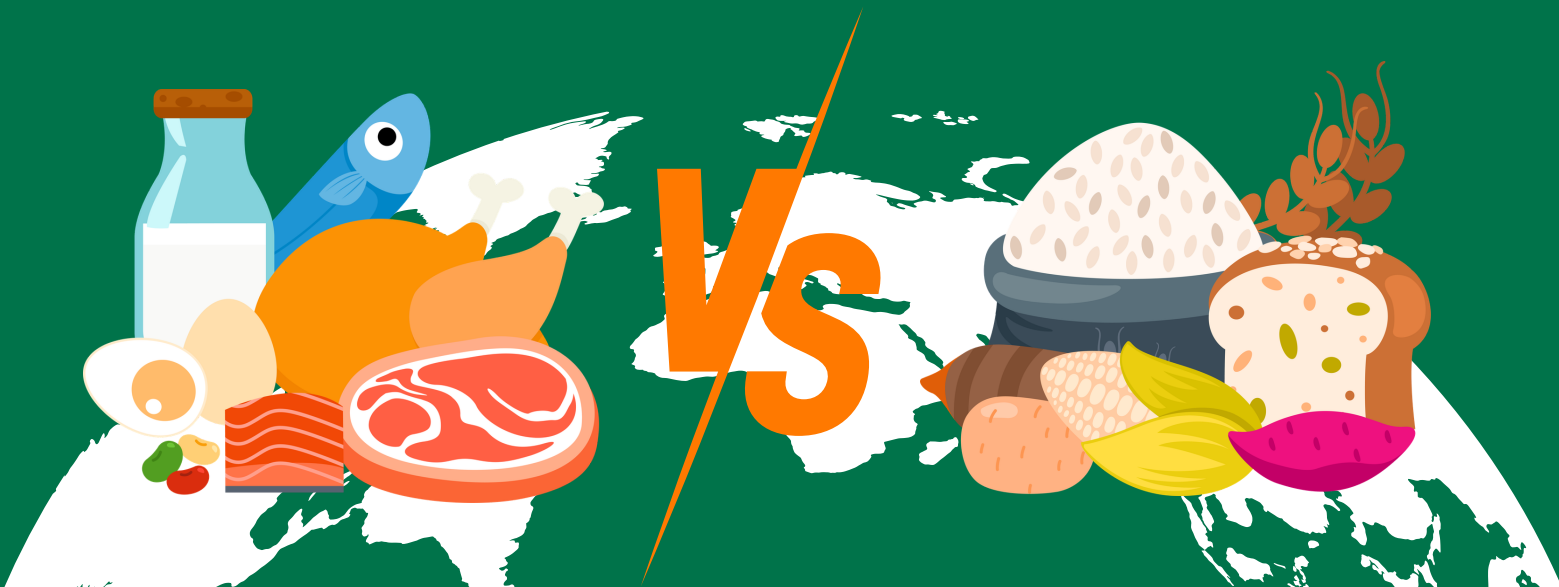
Across the world, the way people eat is shifting, but not in the same direction. In many lower-income countries, animal products are more affordable and accessible than ever before; however, in high-income nations many people are shifting towards more plant-based diets as they consider the impact of their lifestyles. Despite these differing trends, global meat consumption has continued to rise overall, fuelling debate about the future of our food system.

Proponents of this motion might argue that plant-based diets are already successfully followed by millions of people worldwide for cultural or religious reasons. For many people in the Global South, animal products are too expensive and may be saved for special occasions. Supporters may point to the health benefits of well-planned vegan diets, or they may note the environmental impact of animal agriculture which uses large amounts of land and water, is resource-intensive, and contributes significantly to greenhouse gas emissions. They may also cite ethical concerns about the treatment and welfare of farm animals.

On the other hand, opponents might point to the nutrition that animal-products provide, particularly for growing children or pregnant women, or in parts of the Global South, where access to a range of nutritious foods can be limited. In addition, simply replacing animal products with processed plant-based foods does not necessarily lead to a healthier diet. The opposition may argue that culture, tradition and choice should be respected, or that not all land is suitable for growing crops. Furthermore, global food systems, livelihoods and economies are dependent on animal agriculture, making any transition complex and costly.

Our food choices matter: they have implications for health, culture, economies, animal welfare and the environment, and they can contribute to collective change. Yet the world is a diverse place, and a diet that works well for one person, community or country may not be practical or appropriate for another. Considering the economic, environmental, health and ethical issues involved, would the world really be better off if everyone ate a plant-based diet?

Debate it!



Where can I learn more?

1. Watch “Taken by the Water” A documentary filmed by Concern about the impact of climate change
2. Use the Concern Debates Trello Board
3. Listen to our Debating Development podcasts
4. Find our SDG lesson resources on our website
5. Continue your learning with our Speak Act Do programme

What can I do next?

Investigate

Look at the labels on your food - where was it produced? How far did it travel to get to you?

Connect with your food

You could try cooking some new recipes from scratch or trying a dish you’ve never had before. What culture does it originate from?

Grow your own!

Why not try growing some vegetables? Grow it Yourself have lots of resources online

