

The Concern Debates Podcast

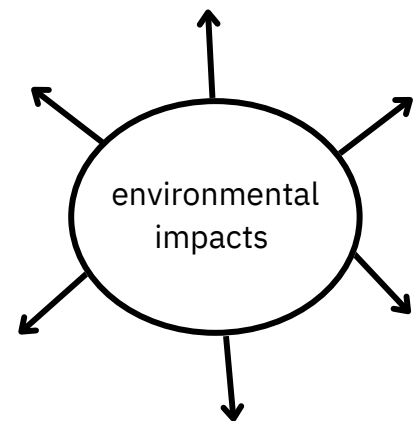
2026-2027 Motion Two

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

In episode two of the Debating Development podcast Olga speaks to Concern Worldwide’s Environmental Sustainability Coordinator, Francesca Insabato, and Head of Health, Nutrition & WASH, Kate Golden. They explore the beneficial impacts of a plant-based diet while discussing the challenges it may pose for ensuring livelihoods and nutrition, especially in fragile contexts.

Listen to the podcast and answer the following questions:

- What impact does eating meat and animal products have on the environment? Complete the mind map:
- The panellists talk about the nutritional value of a plant-based diet. What are the pros and cons?



- If the everyone in the world stopped eating animal products, what would the opportunities and challenges be for farmers?

Opportunities	Challenges
1.	1.
2.	2.
3.	3.
4.	4.

- Name some barriers that could make it difficult for some people living in Concern's programme countries to adopt a fully plant-based diet.
- According to Our World in Data, transport accounts for less than 1% of beef's greenhouse gas emissions. Should we focus more on what we eat rather than where our food comes from? Why or why not?
- List three arguments that **support** the motion based on what the guests have mentioned
- List three arguments that **oppose** the motion based on the interview.
- Are there any important arguments the speakers did not discuss in this podcast?

What are your initial thoughts and opinions on the motion based on your listening to the podcast?