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**Tekst 6**

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**Is meat the fix?**

- 1 I was disappointed you gave so much space to an article on John Nicholson's book *The Meat Fix* (22 February). At best, his experiences are anecdotal.
- 2 I am in my fifties and have been vegan for over 40 years. I still play football and tennis every week, and I am able to beat much younger meat-eating opponents. People often assume I am younger than I am. I have two children who play football, tennis and cricket, are in their top PE groups and play for their school teams. They are slightly above average height and of average build, and are both taller than their parents. They have been vegan since birth.
- 3 It takes 2,400 gallons of water to produce 1lb of meat, yet it only takes 25 gallons to produce 1lb of wheat. We live in a world of over 7 billion people where more than a billion people go to sleep every night hungry and thirsty. Meat is a selfish, inefficient way of producing food.
- 4 The conclusions reached in *The Meat Fix* are preposterous. If his claims were true we'd see vegans and vegetarians crawling along the pavements on their way back from spending their benefits, because presumably they haven't the strength to work.

**Ron Grainger**

Halifax, West Yorkshire

John Nicholson's *The Meat Fix* (22 February) gives the impression that vegetarian and vegan diets are bad for your health. Nothing could be further from the truth. Scientific studies have repeatedly linked the vegan diet to lower levels of heart disease, diabetes, stroke, cholesterol and certain types of cancer. Besides, the exact details of Nicholson's diet were conspicuously absent from the article. An unbalanced diet of any kind can have adverse consequences. His is just one case and does not reflect the experiences of the majority of vegans who live healthy, active lives.

**Ben Martin**

Tonbridge, Kent

adapted from letters written to *independent.co.uk*, 2013

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- 1p 11 What point is made about vegans in paragraph 2?  
A They are often ambitious and successful athletes.  
B They can be fit and develop healthy physiques.  
C They find it annoying to have to explain their principles.  
D They lead more rewarding lives than non-vegans.  
E They strongly disapprove of people who eat meat.
- 1p 12 What is the function of paragraph 3?  
A to add a point to the one made in paragraph 2  
B to analyse one of the points made in paragraph 2  
C to illustrate the point made in paragraph 2  
D to modify the point made in paragraph 2
- 1p 13 Welke van de volgende stijlfiguren gebruikt Ron Grainger in alinea 4?  
A herhaling  
B opsomming  
C overdrijving  
D relativering
- “At best, his experiences are anecdotal.” (alinea 1)  
Ben Martin (tweede brief) maakt een opmerking die op hetzelfde neerkomt.
- 1p 14 Citeer de eerste twee woorden van de zin waarin dit gebeurt.
- 1p 15 What becomes clear in the second letter?  
Ben Martin criticises John Nicholson for  
A deliberately misinterpreting important scientific evidence.  
B denying that he adopted unhealthy eating habits.  
C failing to give sufficient information about the food he consumed.  
D neglecting to mention why he writes about veganism.  
E refusing to admit there are many healthy vegan dishes.