How does eating as a vegetarian affect me and my beliefs?

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Part 1: Abstract

Our research will be conducted through an experiment of six days that involves each group member becoming a vegetarian. Before seeing the film *Food, Inc.*, our group was unaware of the stages our food went through to be processed. The purpose of our research is to encourage others and ourselves to participate in healthier and safer eating habits. Each of us will record vegetarian meals eaten throughout the day and document some difficulties we may have encountered while changing our traditional eating styles. Our paper will identify how our new eating practice contributes to our beliefs against the inhumane effects of the food industry. In our conclusion, we examine the reason why two out of three of us did not become vegetarians. We explain alternate smart and safe solutions that allow us and other consumers to continue to eat meat .