

UNIDAD EDUCATIVA PARTICULAR JAVIER

BACHELOR IN SCIENCES

MONOGRAPH

**THE INFLUENCE OF VEGANISM ON THE PHYSICAL AND MENTAL HEALTH OF
ADOLESCENTS**

STUDENT:

EMILIO MOLINA

ADVISOR: LCDA. Laura Ortuño de Baquerizo

THIRD OF BACCALAUREATE - COURSE C

2017 – 2018

ACKNOWLEDGEMENT

First and foremost, I would like to thank God for granting me the opportunity to have attended this fine establishment where I have received the education, values and conviction which has prepared me to face the upcoming challenges. I have been given the tools which will allow me to overcome any obstacle so that I may better serve my community.

Secondly, I would like to express my gratitude to my parents. I am grateful for their patience and love. Their help and guidance have made me the man and good person I am today.

I would especially like to thank both to Ms. Laura Ortuño and MSc. Monica Mora, without whose encouragement and faith in me, I would have never been able to complete this research paper in the manner in which I have.

SUMMARY

INDEX

CHAPTER I

Pros and cons of a vegan lifestyle on teenagers

1.1. Reasons to go vegan

CHAPTER II

True information about veganism

2.1 Implementing vegan education in schools. Is it possible?

2.2 belying myths about veganism

2.3 example of a vegan school

CHAPTER III

Real facts

3.1. Interview

3.2 Survey

3.3 Survey analysis

INTRODUCTION

When it comes to the term veganism, people immediately associate it with strict vegetarianism. However, there is no relation. Vegetarianism is simply a diet that can be followed, whether it be for any number of or even various reasons: health, environment, ethics, etc. On the other hand, veganism is something based on ethics and can only be followed when the principle of equality is understood. To understand this principle, first, we have to truly understand what arbitrary moral discrimination is and how it is applicable.

When I speak of arbitrary moral discrimination, I am referring to behaviors based on irrelevant criteria that end up harming one or more individuals. When referring to this topic (veganism), speciesism: must be defined as discrimination based on species. That is, just as sexism discriminates on the basis of sex and racism in terms of race, speciesism discriminates against non-human animals on behalf of humans, simply because they belong to another species.

According to any species specialist or 'speciest's' way of thinking, human beings arbitrarily adjudicate the right to dispose of the life and the freedom of other animals at his convenience or even whim. Speciesism, moreover, considers non-human animals as mere objects or properties that exist at the service of the human being, and because of that belief hundreds of millions of non-human animals are used and exploited all over the world.

You may think that this is actually an egocentric way of thinking, as not all life is limited to that of humans. Nor are rights. Likewise, it could be said that speciesism is a prejudice towards animals while discrimination is the product of this prejudice. . Be that as it may, it is clear that speciesism considers human rights to be more important than those of the animals simply because they belong to a different species.

Well, it must be stated that veganism is not only the practice of not eating animals, but also includes much more than that, in fact, it goes way beyond that. Veganism is a lifestyle by which people seek to generate, finance and legitimize the least possible suffering of other living beings. It matters little to them that they do not follow the normal way of thinking of those around them. Societies' common practice has no effect on the way they look at life and the rights of those who live and breathe.

The reason it is important to make this topic more commonly known is so to shed light by explaining and defining the differences between veganism and vegetarianism. I will present through my investigation what veganism is, not as a diet but as a way of life, thinking and moral constitution. Uncovering the answers as to how children and adolescents can be influenced and taught to follow in this lifestyle and to offer it as an option to follow, How to include this philosophy in people's lives in an appropriate way. To understand the commitment it is as well as the responsibility one assumes when taking on the challenge, while also informing of the risks and benefits that this lifestyle carries with it.

CHAPTER I

Pros and cons of a vegan lifestyle on teenagers

1.1 Reasons to go vegan

1. It is heart-healthy

To understand veganism thoroughly, we must first know its definition. According to RAE (2018), veganism is “The conscious attitude that consists on refusing food and articles that comes from animal exploitation”

Several studies have shown that a healthy vegan diet (rich in whole grains, fruits and vegetables) can stop and even reverse heart diseases.

Vegans have very low cholesterol levels, and heart disease is rare among them. as they have little saturated fat in their diets and so, generally do not suffer from high cholesterol, as they have little reason for it to be otherwise as, cholesterol is mostly found in animal products such as meats, dairy products and eggs. As a result vegans follow a cholesterol free diet. due to the type of protein consumed: replacing animal protein with vegetable protein which reduces

blood cholesterol levels.

The Academy of Nutrition and Dietetics states that vegetarians and vegans enjoy a lower risk of death from ischemic heart disease, with lower levels of cholesterol, blood pressure and rates of hypertension. That is why people who follow a plant-based diet have 2.5 times fewer cardiac events, including heart attacks, strokes, bypass surgery and angioplasty. (July 2009 • Journal of the American dietetic association)

2. It's anticarcinogenic

Veganism can help in cancer prevention. Several studies show that vegans have 50% less chances of getting cancer compared to those who eat animal products. Breast cancer rates are diminished in countries where diets are typically vegetable based. When those countries adopt a Western meat based diet their breast cancer rates goes up. Vegans also suffer significantly less colon cancer than meat eaters. The consumption of meat is more closely related to colon cancer than any other dietary factor. How does a vegan diet help protect against cancer? First, is lower in fat and richer in fiber than a meat-based diet, another important factor is that vegans generally consume more beta-carotene (a red-orange pigment found in plants and fruits, especially carrots and colorful vegetables). Reason for which they tend to have less cases of lung cancer. In addition, one study has shown that natural sugars in dairy products may raise the risk of ovarian cancer in some women. however, Some of the

anti-cancer aspects of a vegan diet can not be explained yet. For example, researchers are not sure why vegans have more white blood cells, called "killer cells", that are able to find and destroy cancer cells.

3. Save the environment and stop climate change

From the time we were children, society has trained us to believe that it is our duty to be conscious of nature and always reminds us that we must take care of the environment: put garbage in its place, take care of water, recycle, etc. Companies are often discovered polluting, resulting in great activist manifestations which can even lead to great lawsuits and massive negative public exposure all for the benefit of the world we live in, share and which we must leave to future generations. Governments carry out different ecological measures and awareness campaigns about caring for the environment. As we can see, it is something culturally accepted and well seen in general, something that few would question. But what about the food? Do they really try to influence others as to what type of diets people should follow or inform them of the prevention a certain diet may have of the many diseases which may be counter measured by changing what we ingest.

Let's take a look at the facts:

According to R. Goodland and J. Anhan (2006), around 18-51 percent (depending on the calculation and source) of man-made pollution comes from the meat industry, putting factory

farming ahead of transportation in contributing to the greenhouse effect. What's more, it takes about 40 calories of fossil-fuel energy to create every one calorie of feedlot beef in the U.S. (compared to 2.2 calories of energy needed to create plant proteins).

One pound of hamburger meat equals 75 Kg CO₂ emissions, which is about the same as using your car for 3 weeks (at an average CO₂ emission of 3 kg per day). Wild animals suffer the consequences as well. At current mass extinction of species impacts is impacting 86% of all mammals, 88% of amphibians, and 86% of all birds. Many of them are facing an extremely high risk of extinction in the near future. It is quite possible that we could see fishless oceans by the year 2048.

4. Showing empathy to sentient beings

Although for some people, the ethical argument for veganism is not strong enough to make a dent in their way of thinking and /or their comfortable and socially acceptable lifestyles, there is something that no one can argue and that is the hardship and abuse suffered by animals. Since the beginning of industrialization, there has been a great campaign to humanize the suffering of animals, originally initiated by the meat and dairy industry, who, while toying with our conscience, made us believe that all was rosy. Happy animals are shown on the sides of cardboard boxes and packages, while the reality is much more sinister. There is really nothing humane about making animals suffer, the separation of mothers from their young or the taking of any life. All these are practiced, little known the average Joe sitting at home

having a glass of milk. Unaware of what befalls to the cows that provided the liquid which he picks up at the supermarket bearing the label of his favorite brand. The milk and egg industries are in the same niche. Dairy cows are forcibly inseminated, their calves are taken from them and killed shortly after, their milk is stolen and, after a few years, they end up as hamburger meat.

Once again, the meat industry does not have the exclusive rights, many other defenseless animals, such as chickens, suffer the same consequences. It is not uncommon to hear stories of small chicks being crushed alive, or simply thrown on top of each other in large buckets, as if they were unfeeling or simply garbage.

5. We don't need animal products. Killing and torturing animals for food is completely unnecessary. There are other methods which can be applied to take the place of these items yet, we simply continue to turn a blind eye, using the same methods because it is simply easier. Some do it for pleasure while others prefer to follow to do so due to tradition. There is no proof that human beings must eat meat, dairy or eggs, to keep ourselves healthy or thriving. Quite the opposite. we are taught at a young age, which animals are considered acceptable for consumption and which are not. It's a learned behavior, nevertheless it is not untrainable. The fact is, we are not baby cows who actually require our mother's milk and so, we don't have actually the need to consume any other secretion besides our own mother's milk beyond our first years of age. Unfortunately, we have learned to categorize beasts, and those we consume are seen as just simple "farm animals", without ever stopping to think of them as individuals with unique personalities and emotions, as we may think of animals we consider as pets such as cats and dogs.

CHAPTER II

True information about veganism

2.1 . Is it possible to implement vegan education in schools?

For a long time, child nutrition has been a really big problem, nutrition has always been a problem especially in school. The problem is that by not being with them, parents find it impossible to control what their children eat, so the imbalance in their nutrition passes onto their body and mood. Hoping to find a solution to this global crisis, activists and pro-life groups have found a very simple and positive solution to this problem (according to their point of view; treating child nutrition in a very personalized way, so that each child is evaluated and receives almost all the nutrients he or she needs . Many activists believe teachers in school, should show the truth about the beef industry and as well as the how the animals were suffering, a some may believe that this concept is the most ideal as it is the best way to make children make up their own minds, deciding what they really want to eat, wear, and specially, as to what they think. Some people might think that a vegan nutritionally based diet in schools and healthy kids all over the world would be a utopia. Many, including scientists believe it is possible to implement a plant-based diet on kids and adolescents lifestyle.

2.2 facts: Belying myths

Many people think that by following a vegan lifestyle a big impact would be able to make an impact on the planet's health. Others, including scientists disagree. According to a Swedish study presented in 2012 at the World Water Conference by Professor Malik Falkenmark and his colleagues at the Stockholm International Water Institute, by 2,050 human population will be 9,000 million. The demographic increase will increase the consumption of water to unbearable levels for the planet that will only be mitigated by means of a vegetarian diet. food obtained from animals, in fact, consumes between five and ten times more water than necessary for a vegetarian diet. In 2012, the date of the study and according to figures from the UN, 900 million people go to sleep hungry every night and 2,000 million are malnourished.

Facts from all over the world, the expansion of of veganism:

Data: 1990-2000

Spain: In 1993, the first movements of veganism began in Spain. In Sweden: several surveys and a research conducted during the 1990's put the percentage of Swedish residents who are vegans between 0.27% and 1.6% of the population.

Data: 2002

Canada: The survey "Tracking nutrition trends VI", conducted by the National Institute of Nutrition revealed that 4% of Canadian adults claimed they were vegetarians.

Data: 2006

Spain: In January 2009, David Román, president of the Spanish Vegetarian Union (UVE) estimated, based on a survey conducted in 2006 by a market study prepared by a food brand, that the number of vegans in Spain could be in around thirty thousand: "The youngest with medium or higher education are those who show more interest in vegetarianism because of the concern they feel about the treatment given to animals on intensive farming." - Roman, DR, (2006), *estadísticas sobre vegetarianismo y*

veganismo, <https://www.respuestasveganas.org/2011/12/encuestas-sobre-veganismo.html>

World: In 2012, a report published by the Worldwatch Institute revealed that the growth rate of world meat consumption and production has decreased in the last two years, despite an increase in the first two in the last decade. It also indicates that meat production has risen 20 percent worldwide since 2001 and global per capita consumption of meat has increased by 15 percent since 1995, with growth in developing countries advancing at a rapid pace. Even faster. However, the study reveals that per capita, consumption decreased in 2011, from 42.5kg to 42.3kg per person due in part to the drought, driving food prices up and increasing cases of animal diseases in some parts of the world.

Another report of the Rabobank projects increasing world prices of meat , and indicates that high prices will drive consumers to buy more plant-based foods. USA: 2012 showed , meat

consumption in the United States to have fallen by 12 percent since 2007.

Italy: In 2012, according to the Italian Vegetarian Association, Italy is the second country, after India, of vegetarians. It estimates 10 percent of the Italians are Italian.vegan and the numbers continue to grow., (Source: tvanimalista.com, 2012). According to an article entitled "Animali, Eurispes: 83% italiani all'uso delle pellicce", 86.3% of the Italian population strongly opposes vivisection, arguing that respect for animals outweighs any advantages or benefits that humans may obtain according to a survey conducted by the agency Eurispes.

June 26, 2016, general elections were held in Spain. The Animalist Party against Animal Mistreatment (PACMA) remarkably improved its previous results. PACMA promotes the option of a vegan menu in public institutions and everything that fosters respect for nonhuman animals in society, social justice and care for the environment. An Electoral Law would have allowed PACMA to have representation. Unfortunately, despite positive results, the Spanish electoral system benefits the majority and regional parties, since the seats are distributed by provincial districts.

Germany: On April 12, 2016, Mintel published its study "Vegetarian meals and meal centers increased seven-fold in Germany between 2011-2015". According to this study, in the period

2011-2015 there has been a growth of 633% in vegetarian products and an increase of 1800% in vegan products. 16% of young people between 16 and 24 years of age declare themselves vegetarians and 31% state that they have incorporated more vegetarian meals during the same year.

Costa Rica: The Vegan Community of Costa Rica website makes the first census of vegans in that country through an online form. 574 vegans signed up for the census.

Spain: In February 2016 the innovation consultancy Lantern published the study «The Green Revolution» in which, after 2000 phone surveys, it came to the conclusion that in Spain there is 6.3% of «Flexitarans», a 1.3% of vegetarians and 0.2% of vegans. That is to say, that in Spain there are around 3.6 million people (7.8% of the total) who do not eat meat or barely eat it. According to this study, the majority of those who choose to base their diet on plant products claim ethical reasons towards animals (57%), sustainability (21%) or health (17%).

One in 10 Spanish women is veggie (flexitarian, vegetarian or vegan). Data: 2017 - 2018

World: On March 14, 2018, the US portal Quartz pointed out, Animal Equality organization reported that searches on Google for "veganism" far exceed those for "vegetarianism.", with a graph showing how searches for the term "veganism" on Google have exploded exponentially in the last two years.

2.3 Example of a vegan school

Four cities of the State of Bahia, Brazil, committed to make a change in all meals served in

the public school cafeterias in 2019, are 100% vegan. No eggs, no milk, no products derived from animals: only grains and what is grown On the Bahia plots. The Escola Sustentável project, or "Sustainable Schools", has the support of The Humane Society International and the Office of the Prosecutor of Brazil, covers 30,000 students and will have an impact on 23 million meals per year. According to the Public Ministry of the State of Bahia, the 'Sustainable School' program focuses on "to propose the rational use of public money and raise the nutritional capacity of food in teaching units within the municipalities of Serrinha, Barrocas, Biritinga and Teofilândia in response by The Public Ministry of Health of Brazil which published that 20.9% of the Brazilian population is obese, and so their objective is to offer better quality and quantity in the diet to reduce diseases such as malnutrition, obesity, diabetes, allergies, intolerances, high blood pressure as well, as to reduce , public expenses treating these diseases. According to the Rio de Janeiro Correio Newspaper, schools' diets are usually made up of beef, lamb, eggs, fish, milk and butter. Under this new program (experimental phase for two years), the lunches will consist of rice, peanut butter, soy, vegetables, legumes, whole grain breads and grains. The schools of São Paulo, the Brazilian district with the highest number of schools in that country, have even held a "Day without meat" every two weeks since mid-2009. "You don't need to eat animals in order to get all of your vitamins and minerals. This is a common misconception, especially from people who have not had a lot of exposure to hale and healthy vegans and vegetarians. I'm im pleased to let you know that youthatyou will get all the nutrition you need on a plant based diet." (Marco Borges, 2015, pg 46).

Whether it is definitely implemented or not will depend on the health of the students in that period of time. Students will undergo periodic red blood cell count tests, and revision of their iron, vitamin B12, cholesterol, triglycerides and glucose. Height, weight and body fat will also be measured, according to Correio."This is an opportunity to strengthen family farming, whose products are often grown by the parents of the students. We have countless stories of children who still faint from hunger in schools, we refuse to tolerate a reality like that," said the public official of that Ministry and promoter of the program, Leticia Baird. Among others, the measure would help reduce beef production by 25% every six months, which is good news for the Brazilian Amazon, which, according to Greenpeace calculations, lost nearly 800,000 hectares of forest in 2016, as a result of the deforestation during the conversion to pasture for livestock.

CHAPTER II

True information about veganism

2.1. Is it possible to implement vegan education in schools?

For a long time, child nutrition has been a really big problem, nutrition has always been a problem especially in school. The problem is that by not being with them, parents find it impossible to control what their children eat, so the imbalance in their nutrition passes onto their body and mood. Hoping to find a solution to this global crisis, activists and pro-life groups have found a very simple and positive solution to this problem according to their point of view; treating child nutrition in a very personalized way, so that each child is evaluated and receives almost all the. Many activists believe teachers in school, should show the truth about the beef industry and as well as the how the animals were suffering, a some may believe that this concept is the most ideal as it is the best way to make children decide what they really want to eat, wear, and specially, think. Some people might think that a vegan nutritionally based diet in schools and healthy kids all over the world would be a utopia, but, it wouldn't be true. Many including scientists believe it is possible to implement a plant-based diet on kids and adolescents lifestyle.

2.2 facts: Belying myths

Many people think that BY following a vegan lifestyle a big impact would be able to make an impact on the planet's health others, including scientists. disagree. According to a Swedish study presented in 2012 at the World Water Conference by Professor Malik Falkenmark and his colleagues at the Stockholm International Water Institute, by 2,050 human population will be 9,000 million. The demographic increase will increase the consumption of water to unbearable levels for the planet that will only be mitigated by means of a vegetarian diet. Food obtained from

animals, in fact, consumes between five and ten times more water than necessary for a vegetarian diet. In 2012, the date of the study and according to figures from the UN, 900 million people go to sleep hungry every night and 2,000 million are malnourished.

Facts from all over the world, the expansion of veganism:

Data: 1990-2000, Spain: In 1993, the first movements of veganism began in Spain. In Sweden: several surveys and a research conducted during the 1990s put the percentage of Swedish residents who are vegans between 0.27% and 1.6% of the population.

Data: 2002, Canada: The survey "Tracking nutrition trends VI", conducted by the National Institute of Nutrition revealed that 4% of Canadian adults claimed they were vegetarians.

Data: 2006. Spain: In January 2009, David Román, president of the Spanish Vegetarian Union (UVE) estimated, based on a survey conducted in 2006 by a market study prepared by a food brand, that the number of vegans in Spain could be in around thirty thousand: "The youngest with medium or higher education are those who show more interest in vegetarianism because of the concern they feel about the treatment given to animals on intensive farming." - Roman, DR, (2006), estadísticas sobre vegetarianismo y veganismo, recuperado de <https://www.respuestasvegas.org/2011/12/encuestas-sobre-veganismo.html>

World: In 2012, a report published by the Worldwatch Institute revealed that the growth rate of world meat consumption and production has decreased in the last two years, despite an increase in the first two in the last decade. it also indicates that meat production has risen 20 percent worldwide since 2001 and global per capita consumption of meat has increased by 15 percent since 1995, with growth in developing countries advancing at a rapid pace. even faster. However,

the study reveals that per capita, consumption decreased in 2011, from 42.5kg to 42.3kg per person due in part to the drought, driving food prices up and increasing cases of animal diseases in some parts of the world.

Another report of the Rabobank projects increasing world prices of meat, and indicates that high prices will drive consumers to buy more plant-based foods. USA: 2012 showed, meat consumption in the United States to have fallen by 12 percent since 2007. Italy: In 2012, according to the Italian Vegetarian Association, Italy was the second country, after India, of vegetarians. It estimates 10 percent of the Italians are Italian. The vegan and the numbers continue to grow. (Source: tvanimalista.com, 2012). According to an article entitled "Animali, Eurispes: 83% italiani all'uso delle pellicce", 86.3% of the Italian population strongly opposes vivisection, arguing that respect for animals outweighs any advantages or benefits that humans may obtain according to a survey conducted by the agency Eurispes.

June 26, 2016, general elections were held in Spain. The Animalist Party against Animal Mistreatment (PACMA) remarkably improved its previous results. PACMA promotes the option of a vegan menu in public institutions and everything that fosters respect for nonhuman animals in society, social justice and care for the environment. An Electoral Law would have allowed PACMA to have representation. unfortunately, despite positive results, the Spanish electoral

system benefits the majority and regional parties, since the seats are distributed by provincial districts.

Germany: On April 12, 2016, Mintel published its study "Vegetarian meals and meal centers increased seven-fold in Germany between 2011-2015." According to this study, in the period 2011-2015 there has been a growth of 633% in vegetarian products and an increase of 1800% in vegan products. 16% of young people between 16 and 24 years of age declare themselves vegetarians and 31% state that they have incorporated more vegetarian meals during the same year. Costa Rica: The Vegan Community of Costa Rica website makes the first census of vegans in that country through an online form. 574 vegans signed up for the census. Spain: In February 2016 the innovation consultancy Lantern published the study «The Green Revolution» in which, after 2000 phone surveys, it came to the conclusion that in Spain there is 6.3% of «Flexitarians», a 1.3% of vegetarians and 0.2% of vegans. That is to say, that in Spain there are around 3.6 million people (7.8% of the total) who do not eat meat or barely eat it. According to this study, the majority of those who choose to base their diet on plant products claim ethical reasons towards animals (57%), sustainability (21%) or health (17%). One in 10 Spanish women is veggie (flexitarian, vegetarian or vegan).

Data: 2017 – 2018. World: On March 14, 2018, the US portal Quartz pointed out, Animal Equality Organization reported that searches on Google for "veganism" far exceed those for "vegetarianism. "with a graph showing how searches for the term "veganism" on Google have exploded exponentially in the last two years.

2.3 Example of a vegan school

Four cities of the State of Bahia, Brazil, committed to make a change in all meals served in the public school cafeterias in 2019, are 100% vegan. No eggs, no milk, no products derived from animals: only grains and what are grown On the Bahia plots. The Escola Sustentável project, or "Sustainable Schools", has the support of The Humane Society International and the Office of the Prosecutor of Brazil, covers 30,000 students and will have an impact on 23 million meals per year. According to the Public Ministry of the State of Bahia, the 'Sustainable School' program focuses ON "to propose the rational use of public money and raise the nutritional capacity of food in teaching units Within the municipalities of Serrinha, Barrocas, Biritinga and Teofilândia in response by The Public Ministry of Health of Brazil which published that 20.9% of the Brazilian population is obese, and so Their objective is to offer better quality and quantity in the diet to reduce diseases such as malnutrition, obesity, diabetes, allergies, intolerances, high blood pressure as well, as to reduce, public expenses treating these diseases. According to the Rio de Janeiro Correio Newspaper, schools' diets are usually made up of beef, lamb, eggs, fish, milk and butter. Under this new program (experimental phase for two years), the lunches will consist of rice, peanut butter, soy, vegetables, legumes, whole grain breads and grains. The schools of Sao Paulo, the Brazilian district with the highest number of schools in that country, HAVE EVEN has held a "Day without meat" every two weeks since mid-2009. "You don't need to eat animals in order to get all of your vitamins and minerals. This is a common misconception, especially from people who have not had a lot of exposure to hale and healthy vegans and vegetarians. I'm pleased to let you know that you that you will get all the nutrition you need on a plant based diet." (Marco Borges, 2015, pg 46).

Whether it is definitely implemented or not will depend on the health of the students in that period of time. Students will undergo periodic red blood cell count TESTS, AND REVISION OF THEIR iron, vitamin B12, cholesterol, triglycerides and glucose. Height, weight and body fat will also be measured, according to Correio."This is an opportunity to strengthen family farming, whose products are often grown by the parents of the students. We have countless stories of children who still faint from hunger in schools, we refuse to tolerate a reality like that. ” said the public official of that Ministry and promoter of the program, Leticia Baird. Among others, the measure would help reduce beef production by 25% every six months, which is good news for the Brazilian Amazon, which, according to Greenpeace calculations, lost nearly 800,000 hectares of forest in 2016, as a result of the deforestation during the conversion to pasture for livestock.

CHAPTER III

Real facts

3.1 Interview

For this section, I interviewed Abril Salgado, my girlfriend. She is from Argentina and she is Vegan, so I believe her opinion is valid, credible and will shed some light on this topic as well as to be very important in this investigation.

E: Since when are you vegan and what prompted you to change to this lifestyle?

A: I became vegan 16 months ago. It was something ethical, I mean, at the beginning I was very touched by videos from slaughterhouses, so i decided to do it for the animals. then, as the months went by, I realized i was doing something that I enjoyed a lot, since I saw positive results in my body and in my health. So I continued doing it until today, and I will not stop doing it.

E: Regarding your diet, have you had ups and downs these years?

A: Yes, and i think we should not be ashamed of this. in the first 2 months it was something difficult to keep this lifestyle, but after this period, it was very much easier to keep it and to overcome the meat-need that vegan lifestyle beginners normally have.

E: For the people who are considering the possibility of stopping eating meat, what advice would you give to them?

A: The greatest advice I could give them is to get informed. Many people can not be vegan or vegetarian due to the fact that by not being well informed, obviously they will do badly and they will not achieve their goal of leading this lifestyle. There are countless blogs, magazines, books and websites where you can learn a lot and carry this lifestyle perfectly, it's all a matter of wanting to do it.

E: last question Abril, Does living in a country where most of the people eats meat is a bad thing for you? how does it affects you?

A: Well, actually it does not affects me. I think that when you really want to do something, you can do it no matter what.

Real facts

3.1 Interview

For this section, I interviewed Abril Salgado, my girlfriend. She is from Argentina and she is

a vegan, so I think her opinion will be a very important to this investigation.

E: Since when have you been vegan and what prompted you to change to this lifestyle?

A: I became a vegan 16 months ago. It was something ethical, I mean, at the beginning I was very touched by videos from slaughterhouses, so I decided to do it for the animals. Then, as the months went by, I realized I was doing something that I enjoyed a lot, since I saw positive results in my body and in my health. So I have continued doing it until today, and I will not stop doing so.

E: Regarding your diet, have you had ups and downs these years?

A: Yes, and I think we should not be ashamed of this. In the first 2 months it was something difficult to keep up this lifestyle, but after this difficult period, it was much easier to keep at it and I found it became easier day by day to overcome the meat-need that beginners of the vegan lifestyle normally have.

E: For the people who are considering the possibility to stop eating meat, what advice would you give them?

A: The greatest advice I could give them is that to be able to follow this lifestyle it is important to become informed. Many people cannot be vegan or vegetarian because of the fact that, by not being well informed, obviously they will do badly and they will not achieve their goal, which of course would be to be able to lead this lifestyle, comfortably without it being a discomfort or great

sacrafice. There are countless blogs, magazines, books and websites where you can learn a lot and carryout this lifestyle perfectly, it's all a matter of wanting to do it.

E: Last question Abril. Is living in a country where most of the people eats meat is a bad thing for you? How does it affect you?

A: Well, actually it does not affect me. I think that when you really want to do something, you can do it no matter what.

3.2 survey

The Investigator wanted to know what young people thought about veganism, choosing simple, random, non-probabilistic sampling about what they actually know about this lifestyle. Here are the results:

Sexo

39 respuestas

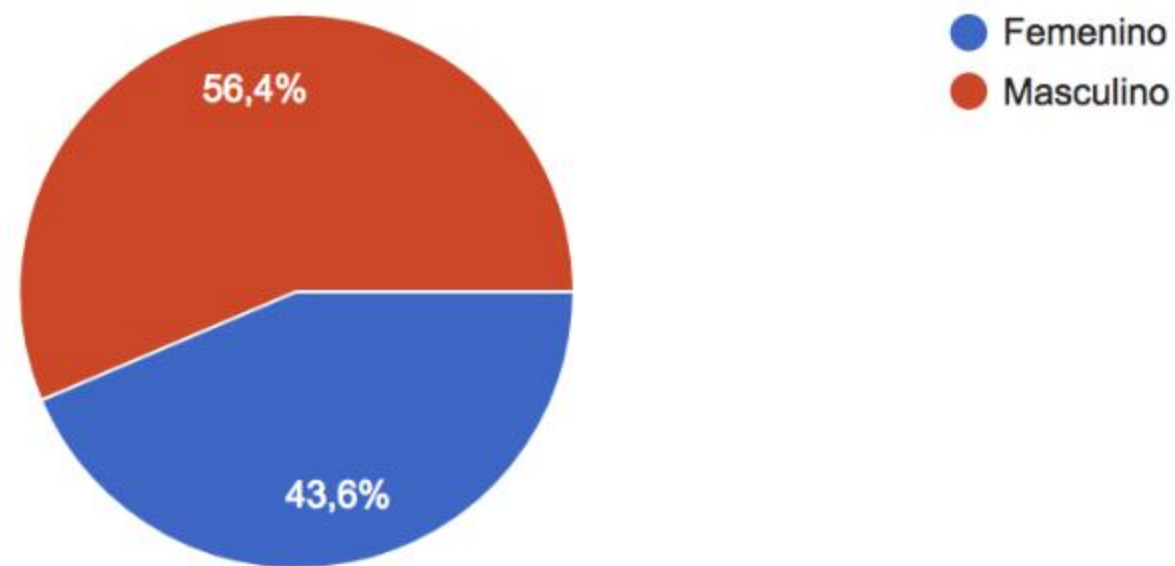


figura 1 : Sexo

Fuente: Survey of adolescents between 10 and 18 years of age about veganism.

Author: Emilio Molina Prado

Edad

39 respuestas

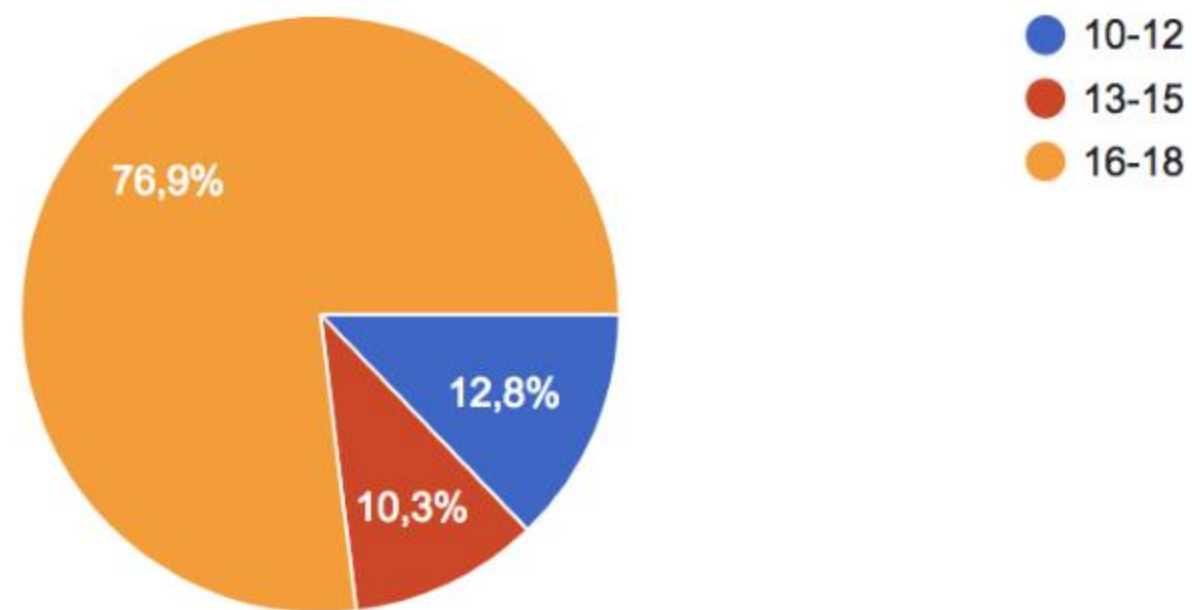


Figura 2: Age

Fuente: Survey of adolescents between 10 and 18 years of age about veganism.

Author: Emilio Molina Prado

Que tipo de alimentacion lleva actualmente?

39 respuestas

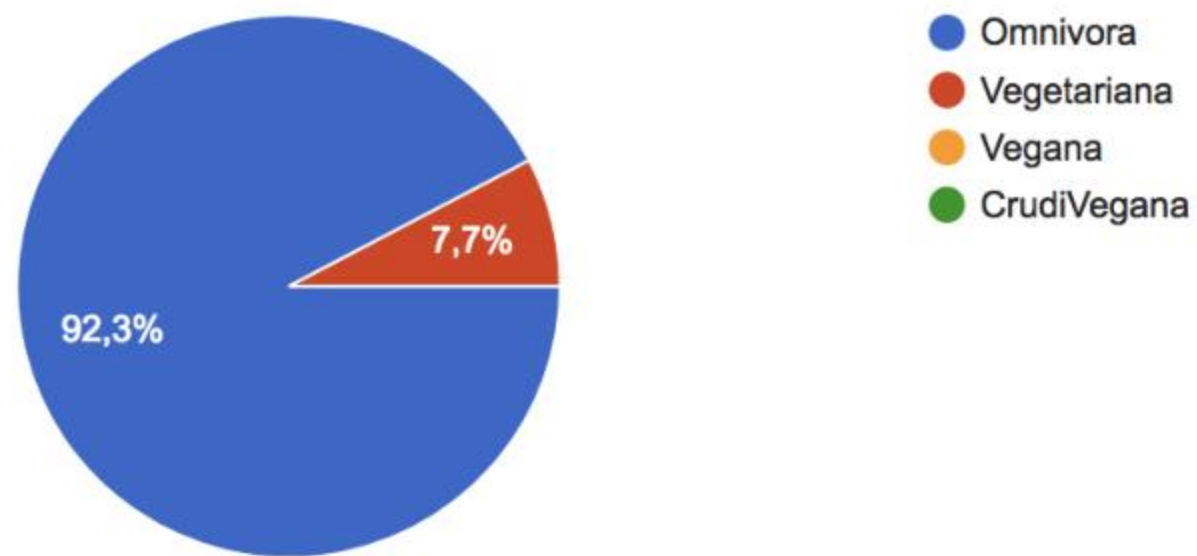


Figura 3: tipo de alimentación

Fuente: Survey of adolescents between 10 and 18 years of age about veganism.

Author: Emilio Molina Prado

¿Sabe usted con certeza que es el Veganismo?

38 respuestas

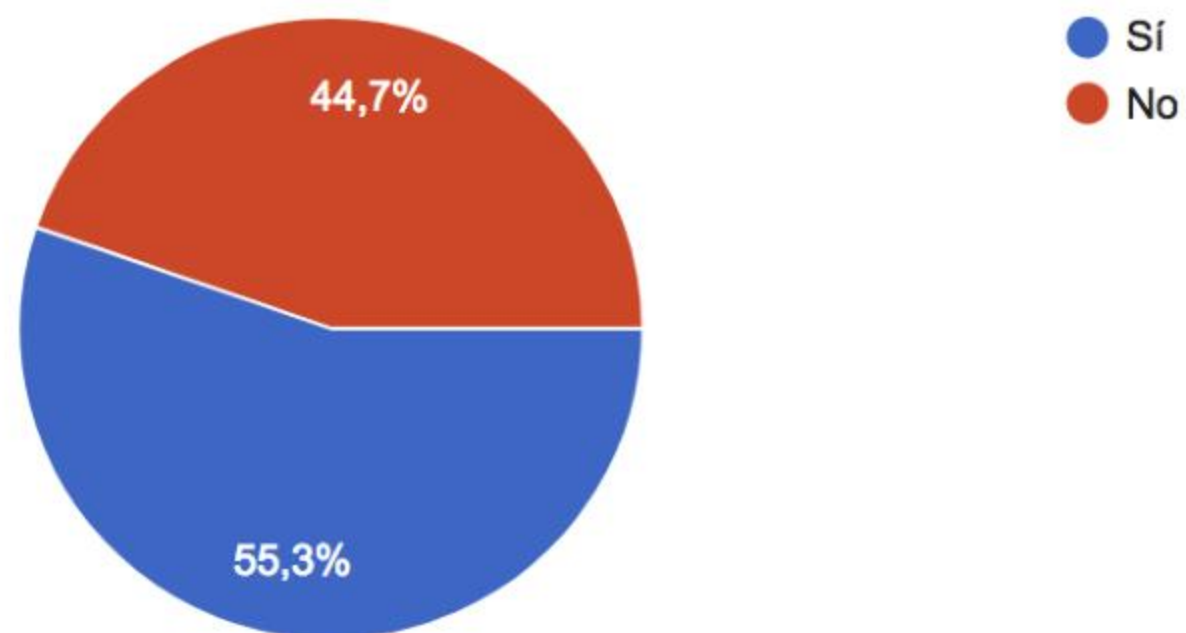


figura 4: conocimiento sobre el veganismo

Fuente: Survey of adolescents between 10 and 18 years of age about veganism.

Author: Emilio Molina Prado

¿Ha considerado alguna vez cambiar su alimentacion a una vegetariana, vegana o crudivegana?

22 respuestas

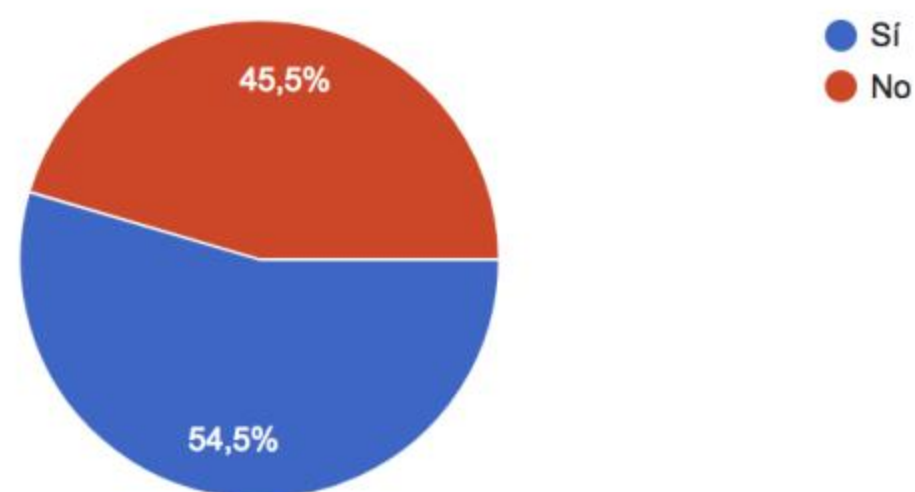


Figura 5: Have you ever considered changing to a vegan, vegetarian or to a totally raw nutrition?

Fuente\ source : Survey of adolescents between 10 and 18 years of age about veganism.

Author: Emilio Molina Prado

Si su respuesta fue si, ¿cual ha considerado?

12 respuestas

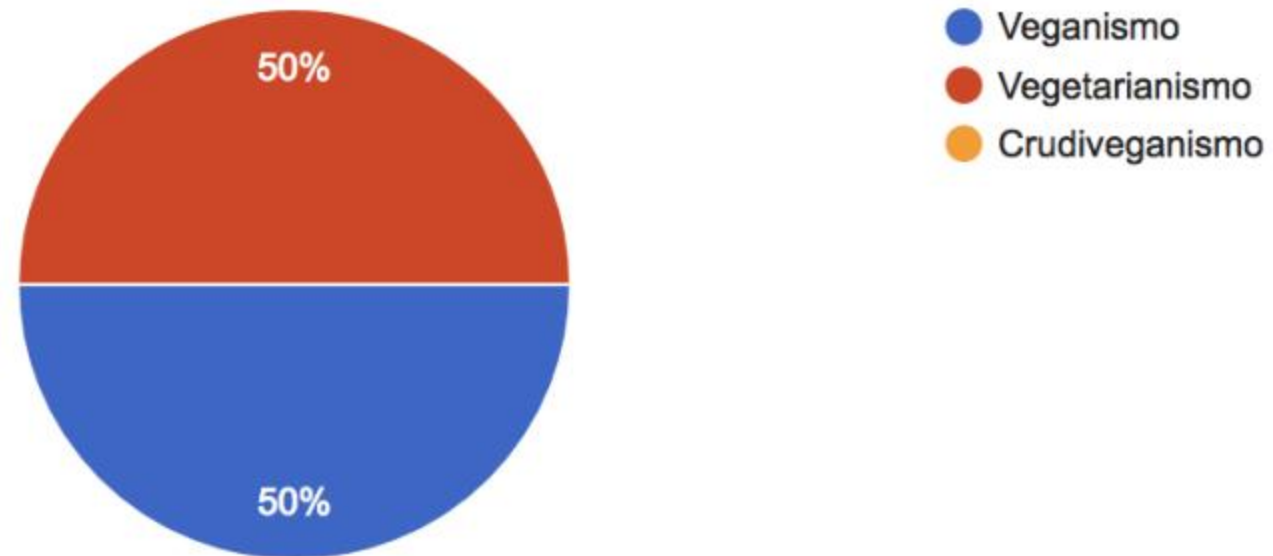


Figura 6: If your answer was YES, which one have you considered?

fuelle: Survey of adolescents between 10 and 18 years of age about veganism.

Author: Emilio Molina Prado

¿porque razón haz considerado esta posibilidad?

15 respuestas

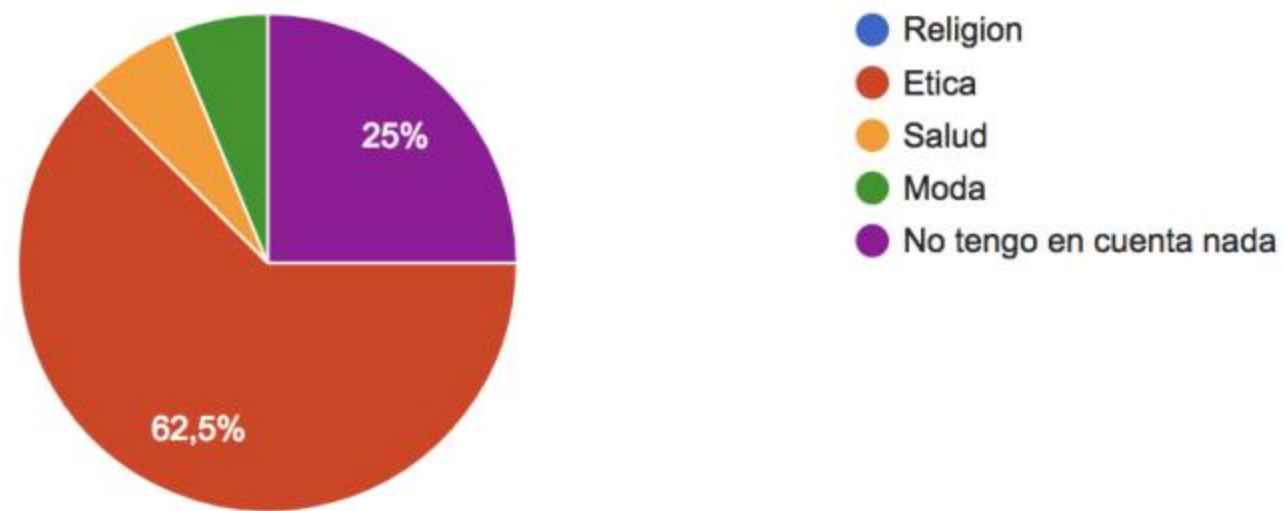


Figura 7: Motivo

Fuente: Survey of adolescents between 10 and 18 years of age about veganism.

Author: Emilio Molina Prado

Cual es el principal medio por el cual has aprendido a cerca del Veganismo?

22 respuestas

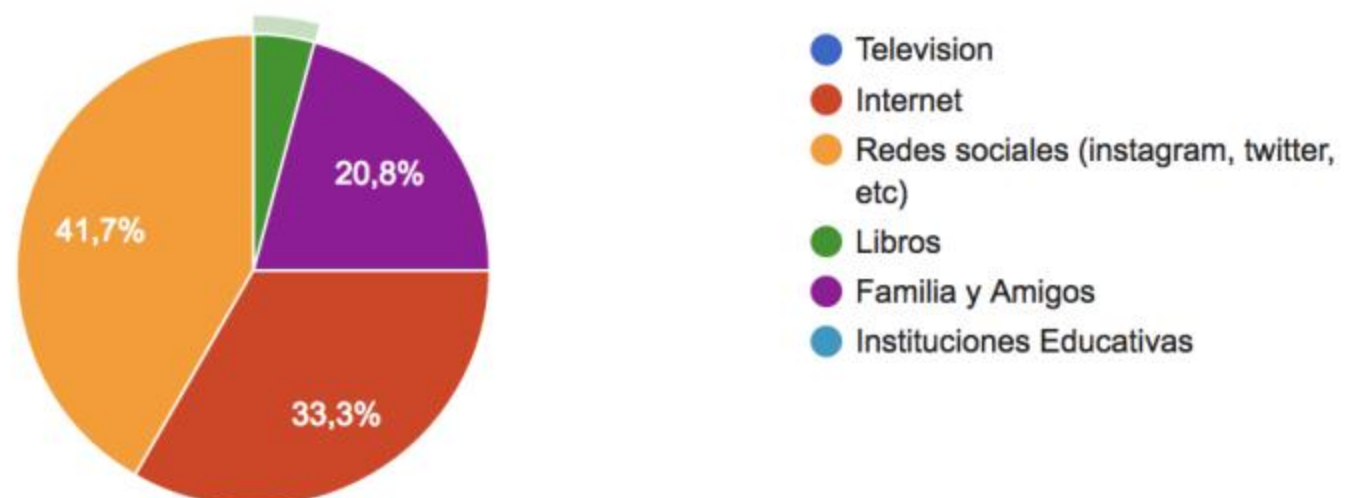


Figura 8: medio de aprendizaje

Fuente: Survey of adolescents between 10 and 18 years of age about veganism.

Author: Emilio Molina Prado

¿En tu colegio te han enseñado alguna vez sobre el estilo de vida vegano?

39 respuestas

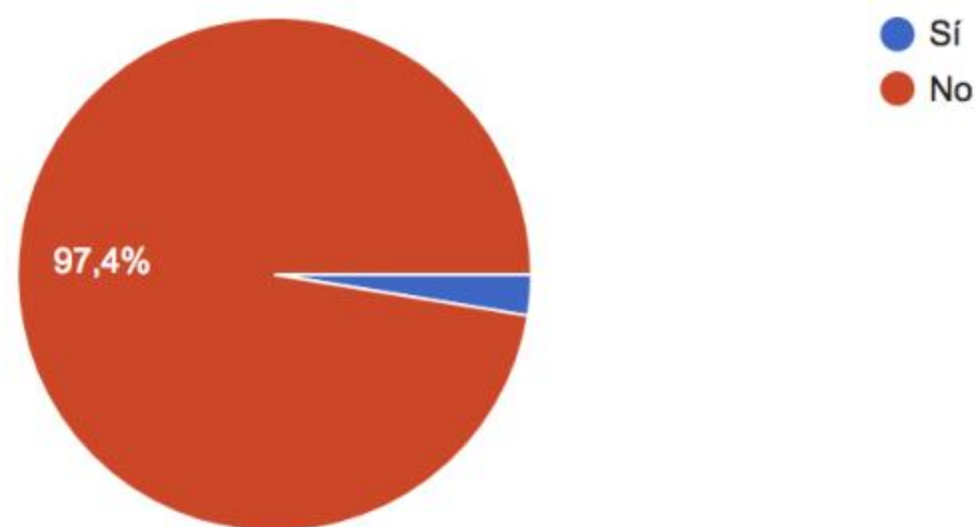


Figura 9: have you ever received vegan education in your school?

Fuente: Survey of adolescents between 10 and 18 years of age about veganism.

Author: Emilio Molina Prado

¿Te gustaria que en tu colegio impartan charlas y/o clases sobre el estilo de vida vegano y como llevarlo de una manera adecuada?

39 respuestas

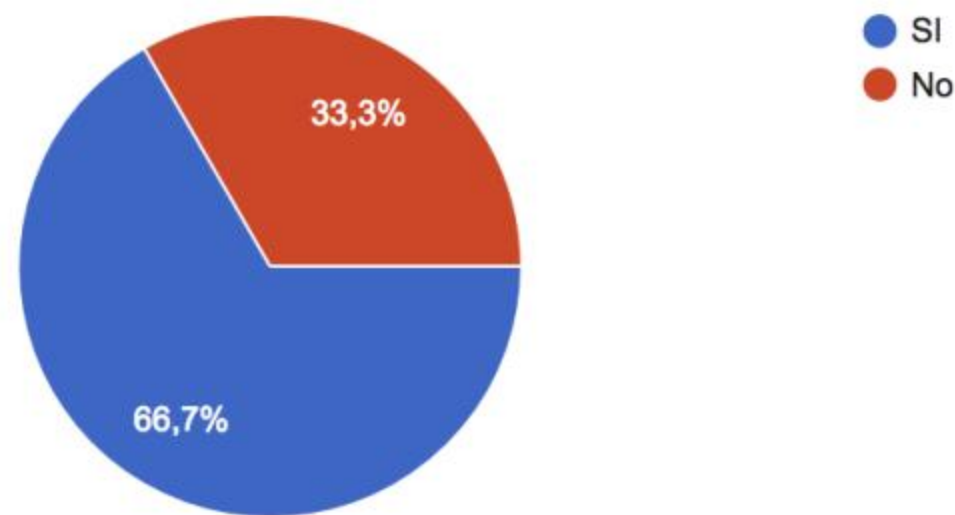


Figura 10: Would you want to receive vegan education in your school?

fuelle: Survey of adolescents between 10 and 18 years of age about veganism.

Author: Emilio Molina Prado

3.3 analysis of the applied survey

In this study, the purpose was to know what do kids and adolescents from 10 to 18 years thought about veganism. As we can see, 97,4% of the people who made the survey told us that their school have never talked them about veganism. This is really preocupant because only ONE person from 39 told us that his/her school talked her about veganism. this really talks about how our educational system does not take kids and adolescents health too serious. But for me, this facts are very scary, and we have to do something about it and soon.

We also have other things that are shown, like for example, where they receive information about veganism.

the survey shows us that from 39 persons, 10 have learned from social media (instagram, twitter, facebook, etc.), 8 have learned from websites and blogs, 5 have learned from relatives and 1 from books. This is not a good sing, politicians have to change this, it cant be accepted that people learn more about their body care from internet than from schools and professionals.

Other thing that surprised me, was the desire of the 66% of the people to learn about veganism in their schools. this is a really good thing because it shows interest from them to learn, they want their schools to bring professionals and teach them about this topic, it shows a real interest. So i think and hope that the future generations will be completely vegan and healthy if schools give their students information about vegan nutrition.

3.3 analysis of the applied survey

In this study, the purpose was to know what do kids and adolescents from 10 to 18 years thought about veganism. As we can see, 97,4% of the people who made the survey told us that their school have never talked them about veganism. This is really WORRISOME because only ONE person from 39 told us that his/her school talked her about veganism. This really talks about how our educational system does not take kids and adolescents health too serious. But for me, these facts are ALARMING and we have to do something about it and soon.

We also have other things that are shown, like for example, where they receive information about veganism.

the survey shows us that from THIRTY NINE (39)persons, TEN (10) have learned from social media (Instagram, twitter, facebook, etc.), eight (8) have learned from websites and blogs, FIVE (5)have learned from relatives and one (1) from books.

This is not a good sing, politicians have to change this, it can't be accepted that people learn more about their body care from internet than from schools and professionals.

Another thing that surprised me, was the desire of the sixty-six (66)% of the people to learn about veganism in their schools. This is a really good thing because it shows interest from them to learn, they want their schools to bring professionals and teach them about this topic, it shows a real interest. So I think and hope that future generations will be ABLE TO BECOME completely vegan and healthy if schools give their students information about vegan nutrition AND FACILITATE AND IMPLEMENT THE CHANGES IF THEY SHOULD BE SOLICITED .

CHAPTER IV

XXXX

CONCLUSIONS

At the end of this monographic work it is concluded that:

RECOMMENDATIONS

At the end of this work it is recommended that:

BIBLIOGRAPHIC REFERENCES

Nutriciously, (2017), *14 Reasons Why You Should Go Vegan in 2018*, recuperado de <https://nutriciously.com/why-go-vegan/>

Yahoo! Answers, (2009), *What are the truths about vegans having a higher cancer rate?*,
recuperado de

https://answers.yahoo.com/question/index;_ylc=X3oDMTVnOG9rYnRqBF9TAzIwMjMxNTI3MDIEYXBwaWQDTHJlazRUTFYzNEdRVjYwVDFRYVlHeC5xMDYuMHVja2pJb3dfYzJFV3NGejhWZzVHX2xkQjRPX1YweDZPdVNOME9zVjg2a0I2BGNsaWVudANib3NzBHNlcnZpY2UDQk9TUwRzbGsDdGl0bGUEc3JjcHZpZANDWUNGcVVnZUF1MEpHM0FRX3FMc1NocU4wRG1lOGt0MTdDRUFDVjh3?qid=20091206190658AAV9qYz

<http://www.earthsave.org/environment/foodchoices.htm>

<http://www.sciencemag.org/content/314/5800/787>

<http://ajcn.nutrition.org/content/78/3/660S.full>

world watch, (2018), *Livestock and Climate Change*, recuperado de

<http://www.worldwatch.org/node/6294>

Respuestas veganas, (2011), *Educación Vegana*, recuperado de

<https://www.respuestasvegas.org/2011/05/educacion-especista-y-educacion-vegana.html>

Respuestas veganas, (2018), *estadísticas sobre vegetarianismo y veganismo*, recuperado de

<https://www.respuestasvegas.org/2011/12/encuestas-sobre-veganismo.html>

El Espectador, (2018), *cuatro ciudades en brasil tendrán colegios 100% veganos*, recuperado de

<https://www.elspectador.com/noticias/educacion/cuatro-ciudades-en-brasil-tendran-colegios-100-veganos-articulo-747506>

Borges, MB, (2015), *the 22-day revolution*

