

Some products are tested on animals which causes them harm and can kill them. I despise animal exploitation so I choose to buy vegan products – I'm using my freedom of choice to take a moral stand.	I don't want to eat processed meat which the World Health Organisation says can cause cancer.	Meat and dairy production creates as much greenhouse gas as all transport combined. Choosing plant-based food reduces my carbon footprint.	I feel healthier and have more energy since cutting out dairy. My body, my choice.
The law recognises that my ethical vegan beliefs can be as deeply held as religion is to others. The Equality Act 2010 means a school or employer cannot discriminate against me because of my beliefs.	I don't want animals to suffer for my food. Animals feel pain and fear, just like we do.	A well-planned vegan diet can meet all nutritional needs at every stage of life. I have the right to make informed decisions about what I eat.	If enough of us choose plant-based foods, businesses will change what they sell. What I buy is a way of voting for the kind of world I want to live in.
My religion or beliefs teach me to avoid causing harm to living creatures.	Veganism isn't a diet trend for me. It's a deeply held moral belief that shapes how I live every single day. I check every label (food, cleaning products, clothing). If something was tested on animals or contains animal products, I won't use it.	Future generations deserve a healthy planet. As a citizen, I feel responsible for the environmental impact of my choices. Meat and dairy production is a large cause of deforestation which harms the planet and means animals lose their natural habitat.	I would never visit a farm or zoo for entertainment. My leisure choices are part of my vegan values as I do not believe in animal exploitation in any form. It is my liberty to not attend a school trip to these places.
I choose to be vegan because it helps me feel my best.	The farming of animals requires huge amounts of land and water. These natural resources could be for humans or left alone for nature to thrive. Veganism is one way I can act on climate change.	At work, the law protects me from harassment because of my strong vegan beliefs. This can include behaviours that create an offensive environment like making 'jokes' because of my beliefs.	Keeping animals in factory farms is cruel. I believe that citizens have a responsibility and should not accept the abuse of living beings.

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ANSWERS