

# The Future of Meat on People and the Environment

## Positives of artificial meat

### Plant Based Meat

- Plant based meat can reduce your carbon footprint.
- Animals produce large amounts of methane and by using plant-based meats we can improve the environment.



### Insects

- Insects can be used to used as a source if protein.
- They are efficient as they are cheap and are easy to find.



### The Switch

- Artificial meats means an eco-friendlier environmental way of life
- Beans, eggs, as well as whey protein are eco-friendly protein sources if you do not want artificial meat.



## Negatives of natural meat

### Cattle farming

- Cattle farming produces huge amounts of methane gas.
- Cattle farming is the highest producing methane industry.



### COVID 19

- Has caused a decrease in food production due to workers taking sick leave with the virus
- Creates an issue as many people rely on meat as a source of protein.
- This could lead to malnourishment and other diseases.



### Eating in ratio

- Eating meat is good for muscle growth, however people take it out of proportion and eat unnecessary amounts of meat
- Large amounts of meat requires a lot of energy from your body to break it down. This means your body is being over exerted.



## Referencing

- Sophie Attwood; Hajat Cother, "How Will The COVID-19 Pandemic Shape The Future Of Meat Consumption". Cambridge Vol. 23, Iss 17, <https://search.proquest.com/docview/2465327431?accountid=8363&pq-origsite=summon> (December 2020).
- Hyun Jung Lee, Hae In Yong, Minsu Kim, et al. "Status of Meat Alternatives And Their Role IN The Future Meat Market-A Review". Asian- Australian's journal of animal science. ( October 2020) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7463075/?tool=pmcentrez&report=abstract>