

Try not to look at this until you've done all the exercises that go with the listening.

What! No meat?

- Jackie: For two weeks in Thailand there's a vegetarian festival and many people try to eat vegetarian food for those days. So for this week's podcastsineenglish.com we're talking to Mark. Mark, we know, is a vegetarian. Hello Mark.
- Mark: Hello.
- Jackie: Mark, can you tell us first of all what food you don't eat?
- Mark: Ooh, I don't eat any meat or seafood, anything that's living I do not eat.
- Jackie: When did you first become a vegetarian?
- Mark: I first started eating vegetarian food ten years ago when I lived in India.
- Jackie: So why are you a vegetarian?
- Mark: For lots of reasons. One because I think it's better for my health.
- Jackie: Uh-huh
- Mark: Second I think it's cruel to kill animals.
- Jackie: Right
- Mark: And thirdly the way we treat animals in England is not very kind.
- Jackie: Is anyone else in your family a vegetarian?
- Mark: No, I am the only vegetarian.
- Jackie: And how do your family react to you being a vegetarian?
- Mark: They have no problem because my parents like to eat some vegetarian food for their health and sometimes non-vegetarian food.
- Jackie: So what food do you eat?
- Mark: Ooh I eat lots of food. Er... my favourite food is Italian and you can get lots of different meals without meat.

- Jackie: What's your favourite vegetarian meal?
- Mark: Ooh a green curry which is a Thai dish made with coconuts and vegetables and spices.
- Jackie: Is it difficult being a vegetarian?
- Mark: It is in some countries.
- Jackie: For example?
- Mark: For example I sometimes work in Ukraine, and in Ukraine if you do not eat meat then they think you are crazy!
- Jackie: [laughs] And I imagine in countries like India it's very easy to be a vegetarian.
- Mark: Yes, India is easy.
- Jackie: What about the UK though?
- Mark: The UK's getting much easier, in most restaurants you can buy three or four dishes which are vegetarian.
- Jackie: So do you sometimes have problems when you go to restaurants?
- Mark: No, not in England because most restaurants realize that there are enough vegetarian people.
- Jackie: What about when you visit other people's homes?
- Mark: Most times I tell them before I go that I'm vegetarian so there's no problem.
- Jackie: OK. Have you ever been in a difficult situation because you're a vegetarian?
- Mark: I remember one time I was in China and I was invited to somebody's home and they knew I was vegetarian but they didn't really understand so they produced some fried peppers and inside was ...er meat from a yak and I was very polite so I ate it.
- Jackie: So you didn't say anything?
- Mark: I didn't want to upset them [laughs].
- Jackie: That's good, OK. And one last question, Mark. Do you like cooking?

Mark: I cook most evenings.

Jackie: And you cook vegetarian food.

Mark: Always.

Jackie: Great. I'll have to think about becoming a vegetarian again. Thanks a lot! Bye bye.

Mark: Thank you