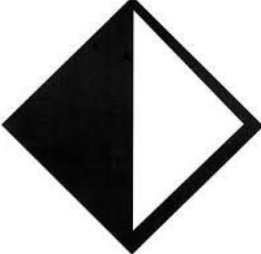


**Gate Icon:**



Ethics

**Universal Theme:**



Community



## Language of Discipline

**Veganism** is a way of living that consists of excluding all products that come from animals. This is a community that has the same beliefs and that wants to stop having animals killed.

**Punk vegans** are members of the vegan community that follow the vegan diet based on the society's definition of the veganism diet.

**Non-punk vegans** are members of the vegan community that do not follow the society's definition of the veganism diet. In other words, they don't eat animal products but they most likely buy animal based clothing or buy their beauty products that are animal tested. All non- punk vegans have their own ways of being vegan.

## Why the Vegan Diet is Pretty Disrespectful

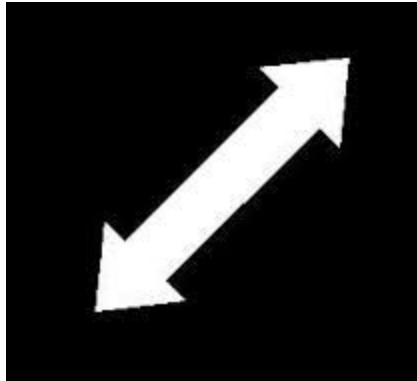
- Many people become vegan because of health issues but the real reason is because of animal liberation
- “Most vegans would agree unfertilized eggs aren’t animals, but there is still animal cruelty associated with every carton.”(Why the Vegan Diet is Pretty Disrespectful, Nzinga Young, 02/16/2016). Unfertilized eggs is still animal cruelty because chickens are expected to breed a certain amount of eggs
- Most vegans believe that just because they weren’t alive it is not animal cruelty
- It is ironic because the word Vegan is an oxymoron, a figure of speech by which a location produces or incongruous
- Vegan both mean animal liberation and slaughter.
- The more people become who become vegan the demand for meat will minimize which means many people won’t eat meat anymore
- Which means less animals to breed, therefore all the animals will die off eventually



The ethical implications of veganism are that the members of the vegan society change their lifestyle and become vegan so they help/ defend the animals and take a stand to stop animal cruelty. Even so, the vegan society suffers lack of acceptance because they think that their way of life is strange and that they are disrespecting the religions that are used to eating meat as part of their religions. Another reason to why they are not accepted by other religions is because religious communities think that god gave them animals so they can eat. In other words, animals were created and given to the people so they are to be eaten.

## **Values, Religious Rights: A Cultural Critique of Enriched Ethics**

- “For instance, some Ethical Vegans view their practices as religious”(Vegan Values, Religious Rights: A Cultural Critique of Enriched Vegan Ethics, 2010, Page 26).
- So Ethical Vegans tend to push their lifestyle on other people because they believe that their lifestyle is the way to live and they want to people who are not vegan to change their whole lifestyle to a vegan lifestyle
- Vegans want everyone to share that common lifestyle and environment to make it easier for them to have a relationship
- Vegans think they can change what the world eats by pushing their lifestyle on other people
- “Despite being rooted in morality and ethics, veganism is not commonly considered a religion, and therefore receives no protection under the Canadian Charter of Rights and Freedoms.” - (p.1) --Vegan Values Religious Rights: A Cultural Critique of Entrenched Ethics
- Not considered a religion but for many Vegans it seems like a religion
- “Similarly, Ethical Vegans may find it necessary to situate relationships accordingly to their lifestyle and philosophy”(page 25). Vegans want to share their environment with only people that share their common lifestyle
- They want to separate themselves from other people who don't have their lifestyle. This is unfair to people who want to have a relationship with those kind of vegans



Paradox

The paradox in veganism is that vegans want their community to expand and grow, but when people become vegans they sometimes are neglected by the community members. They are neglected by the members of the vegan community based on their ethnicity and appearance.

## **Veganism Has A Serious Race Problem**

- Many people who become vegan are criticized by people because they have a different lifestyle
- Vegans push their lifestyle onto others and they disrespect people's culture
- Veganism ways are directed to white people, "In reality, these campaign materials send to Black people is this, veganism isn't for you."(Veganism Has a Serious Race Problem,)
- Because there is not many black people who are vegan,the site called Black Vegans Rock generates positive representation to Black Vegans
- The more representation the Black vegans get the more equal the Black community will be in the Veganism Community
- The Vegan Diet has to have members from all different ethnicities. To fully represent the Vegan community it would be best to represent many different ethnicities. Some people in the Vegan Community send a message to other races telling them "Veganism isn't for you"

## **Veganism as a Cultural Movement: A Relationship Approach**

- “With an estimated 1.7 million vegans in the USA, and with vegan movement organizations counting their memberships in the tens of thousands, there are arguably more practicing vegans in the USA than there are members of vegan organizations.” ( Veganism as a Cultural Movement: A Relational Approach, Elizabeth Cherry 2006, Pg. 156) This connects to veganism has members because it states that in total there are 1.7 million vegans in the USA and how most vegans just form part of vegans organization.pvc
- In the veganism community there are two different groups, punks and non punks, non punks are vegans that create their own diet based on their food preferences and it changes overtime and punks are vegans that follow a diet that is based on the Vegan Society definition and it never changes.(Veganism as a Cultural Movement: A Relational Approach, Elizabeth Cherry, 2006, Pg.159)
- According to, Veganism as a Cultural Movement: A Relational Approach, Elizabeth Cherry stated,“I asked participants about how they learned about veganism, their definition of veganism, their reasons for being vegan, how they practiced veganism, their interactions with (vegan and non-vegan)friends and family, and their cultural movement. (Veganism as a Cultural Movement: A Relational Approach, Elizabeth Cherry, 2006, Pg. 158)
- According to Veganism as a Cultural Movement:A Relational Approach, Elizabeth Cherry, “For a long time, all my friends were vegan. It got to the point where it was shocking to see someone eating meat. We



were totally taken aback, like ‘That kid’s drinking milk! What is he thinking?’ Like what people say when you say you’re vegan, but in reverse. ‘Wow, you drink milk and stuff. Wow, that’s odd. Why on earth would you do that? Don’t you know?’” (Veganism as a Cultural Movement: A Relational Approach, Elizabeth Cherry, 2006, Pg.165- 166)

- In the article Veganism as a Cultural Movement, Elizabeth Cherry informed us, “I consider myself vegan because their philosophy is that they don’t believe in cruelty to animals. And my main philosophy is that I don’t believe that we should be in any way bothering God’s creatures.”(Veganism as a cultural Movement: A Relational Approach, Elizabeth Cherry, Pg.161)

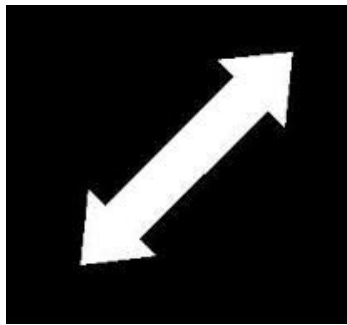


Multiple Perspectives

There are multiple perspectives surrounding veganism that consist of all the religions have their own way of living their lives and some rituals they have so some religions think that it is right to eat animals. There are many religions that think and sticks to the idea that god gave/created animals so that people could kill and then eat them. Therefore, they think that vegans are disobeying god and what he produced so that humans would survive. Even so, some people who decide to become vegan do it because they think it's a diet. To a conclusion, vegans think that animals should not be killed to be eaten up after and non-vegans in other religions think that animals were given to us for a reason.

## **Animals and Religion**

- Many different religions have a different viewpoints on animals' values
- Christians believe that God gave us animals to eat. Some words from the Bible say “The fear of you and the dread of you fall upon all wild animals and bird sand fish; they are given into your hands”(Animals and Religion).
- The Jewish people also believe that animals were given us to be eaten
- In the Jewish Law Codes it states, “Is is forbidden, according to the law of the Torah, to inflict pain upon any living creature. On the contrary, it is our duty to relieve pain of any creature, even if it is ownerless belongs to a non-Jew”.(paragraph 5, Animals and religion)
- The Jewish people believe that we should eat animals to relieve the from their pain
- Vegans are disrespecting the religions of Christianity and Judaism because they believe that animals were given to us to be eaten and to relieve them from their pain
- The whole point of veganism is to not eat animals and let the animals have the right to live just like humans have to do so too.



Paradox

Overtime

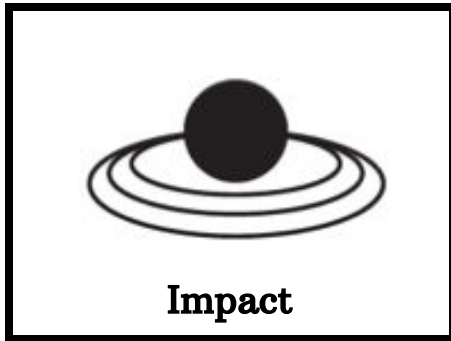


Change

Veganism changes overtime because more people are becoming vegans every day so that is making the vegan community bigger. Also, vegans want to be vegan to stop having animals get killed and then taken to the meat produce to be sold. They do this hoping that overtime more people become vegan and that animal cruelty will stop and there will be no more animal-eating. This leads to the paradox of veganism because members of the vegan society think that if they become vegans then animals will stop eating animals, but that isn't true because most of the world's population eats meat.

## **Eating Animals: Addressing our Most Common Justifications**

- “We can get all the nutrients we need on a plant-based diet, without unhealthy animal protein and cholesterol, and without inflicting needless suffering and death on billions of animals”(paragraph 3). People who are vegan are trying to push down their beliefs on other people by telling them what is good and bad for their bodies. This is disrespectful because they shouldn't be telling them what they can't or can eat.
- “There is actually a hidden judgment in the statement “Don't Judge”. If you claim that people should not be judged for eating animals then you are simultaneously making the judgement that an animal's' entire lifetime of experience is worth even less than satisfying some trivial, momentary taste sensation”(paragraph 41). Vegans are also judging because they judge a person for what they eat not for whom the person really is.
- “Vegans kill more animals than meat eaters”(2014). This doesn't really matter because if a person becomes vegan it doesn't really make a difference because animals will still be getting killed. Many people depend on animal meat to live.



The Vegan society has both a positive and negative impact. People become vegans to stop people from eating animals. They want as many people to stop eating meat. In ways this is very good because they don't want any harm to come to animals, evidence of this is in the article Veganism in American Culture by Liza Reynolds, Amanda Rogers, and Megan Sutherland "1,799 gallons of water to produce one pound of beef, 216 gallons of water to produce one pound of soybeans". Becoming vegan would lessen the amount of water used to produce meat. This would impact our economy greatly if everyone became vegan. This would also be a negative impact because animals are basically bred into existence for us to consume, without out us eating animals what would happen if the whole world became vegan.

## Veganism in American Culture

- “According to *The Rise of Veganism: Start a Revolution*, only two-and-a-half percent of American population is vegan, but this is a huge increase from one percent in 2009.”(Veganism in American Culture, 2015, Pg.1) This connects to veganism has members because out of the total of the American population, there is only 2.5% are vegan. So the amount of vegans in America is very small.
- “Many individuals in our culture are becoming more aware of what they put into their bodies, but few are willing to go the extra mile and give up all animal products.” (Pg. 1)
- “Many vegans have a similar idea of what vegan means to them, but each vegan lives life a little differently and by different rules.” This connects to veganism members share a common environment because every vegan knows the meaning of veganism and what to follow but they each eat differently and they live a bit differently than any other vegan.
- “This lack of acceptance from other members of our culture has had a negative impact on social interactions for Lauren.” This connects to when vegans come in contact with another community, change may occur because vegans sometimes are rejected because they are vegan especially if their religions beliefs are very strict that animals should be eaten.

**When one community comes in contact with another, change may occur.**

Vegans are usually rejected by other communities near them because of their way of life. Some religions eat meat because it is part of their religion and the beliefs they have so if a member of that religion becomes vegan, they will most likely be rejected by their families religion. Vegans are always neglected by many people and often questioned as to why they are vegan. There are many organizations created by the members in the vegan community including the punk vegans and non-punk vegans.

**Community has members who share a common environment.**

All vegan people have a similar viewpoint towards animals and that is that they should not be eaten and be well taken care of. Animals should not be harmed just for the sake of having the right to kill and eat them. The vegan community also suffers from lack of acceptance from other religious communities due to their actions. This is because some religions think that vegans disrespect their culture and religious beliefs because they don't eat meat.

**Community has members.**

Different religions have many members that have different views on animals and the places they have in our lives. Vegans have many members and is slowly growing over the years. The vegan community has two groups, one that is called punk vegans and another that is called non-punk vegans.



## **Community follows patterns of growth and change**

Vegans usually always start by consulting their doctor that they are thinking of becoming vegan because sometimes they have health issues. Therefore, the vegan diet is not recommended to some people. Members in the vegan community create organizations to become a bigger community. They try to spread the word about how becoming vegan has a positive impact and then overtime the community will expand and become bigger. Today, there are thousands of vegans all over the world and some that have themselves get called “Black Vegans.”

## **Student-Led Research-Observation/Experiment**

For our student-led research we decided to do a observation/experiment. We believe that this would be the best to answer our driving question because it would really give us the opinions that people we know have towards becoming vegan. Our experiment consists of becoming vegan for a week and our observation is composed of observing the people reactions and see how us being vegan would impact our friends’ and families’ religions and beliefs.

Day 1- April 12th, 2017-Jennifer Renteria

Breakfast: Banana  
Lunch: apple, carrots  
Dinner: Rice with Brown Beans  
Snacks: apple, chili nuts

Today I had to tell my parents that I was going to go vegan. It was difficult because I didn't know what to tell them. My mom told me she didn't want to let me do it because I wouldn't eat right. I told my friend that I became vegan and she said "ew". After she told me "How are you going to eat bacon". Later my mom and I went to the store to buy oatmeal, coconut milk, fruit and snacks that I could eat. My siblings asked me if I was vegan and I told them I just started.

Day 2- April 13th, 2017-Jennifer Renteria

Breakfast: Oatmeal with apple and bananas  
Lunch: wild berry mixed juice, orange, jicama with tain  
Dinner: Rice with Brown beans  
Snacks: apple

Today many of my friends found out I was vegan and many told me that I was crazy. They also told you're going to become anorexic and there isn't any real food you could eat. They also told me even if you become vegan there still will be animals being killed.

Day 3- April 14th, 2017-Jennifer Renteria

Breakfast: Oatmeal with apple  
Lunch: mixed berry juice, orange, corn chips  
Dinner: 10 mix bean soup  
Snacks: apple

Today some other friends found out and they could never do what I am doing. They also told me that being vegan was cool. One of my friends told me that she tried being vegan but she broke the first day of trying.

Day 4- April 15th, 2017-Jennifer Renteria

Breakfast: Oatmeal with apples and banana  
Lunch: Fries with ketchup  
Dinner: Enchiladas  
Snacks:

Today I didn't really go out but something did happen. When I wake up I usually don't eat right away. I was awake and I had not eaten yet and my mom thought I was awake for hours. Since I had not eaten yet my mom started screaming at me that if I didn't eat she would make me stop being vegan. She even made me quesadillas but I didn't eat them I made myself oatmeal.

Day 5- April 16th, 2017-Jennifer Renteria

Breakfast: Oatmeal with fruits  
Lunch: Fries with Ketchup  
Dinner: Guacamole with chips  
Snacks: Wheat snack

Today I went to the park I just ate what I could eat because a lot of people who brought food with meat or milk-based food. I only ate the chips and the guacamole. I didn't really tell anyone that I was vegan today.

Day 6- April 17th, 2017-Jennifer Renteria

Breakfast: Oatmeal with apples and bananas  
Lunch: mixed berry juice, cantaloupe  
Dinner: enchiladas  
Snacks: Vegan chocolate chip cookie, orange juice, apple

Today was a normal school day and when I didn't eat the normal food I used to eat my friend asked me "You're still vegan?!" I told her yes that I was serious about being vegan. When my younger brother saw me eating vegan enchiladas he also asked me "You're still vegan?!" I just told him too that I was serious about being vegan.

Day 7- April 18th, 2017-Jennifer Renteria

Breakfast: Strawberry and Banana Smoothie  
Lunch: corn chips, banana  
Dinner:pasta with broccoli  
Snacks:banana, orange juice

Today I told my mom that my head hurt and she was worried that I wasn't getting enough nutrients with being vegan. I told her that I was fine that she didn't need to worry. I didn't really tell anyone that I was vegan today.

Day 8- April 19th, 2017-Jennifer Renteria

Breakfast: Oatmeal with banana  
Lunch: orange, carrots, mixed berry juice  
Dinner:pasta with broccoli  
Snacks: apple, orange juice

Today it was the last day of being vegan. My brother found a sticky note with all of the information I had written about the food I had ate. He said "You're still vegan. Stop with this vegan stuff Jennifer". I don't know if he got offended or he just thought I was kidding with being vegan. He didn't know I was doing this as an experiment. I think my mom kind of got offended because I wouldn't eat any of her food. Overall I believe that vegans kind of disrespect cultures because most cultures eat meat and not eating those traditional foods would be offensive to that culture. My mom is a very religious person so I asked her "Mom do you think God gave us animals to eat?" She said yes that God gave us animals to eat. I think it also disrespect religions because most religions believe that animals were given to us to eat.

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Day 1-April 12th, 2017-Paola Jimenez

Breakfast: Orange juice, apple  
Lunch: Jicama, cucumber, and apple  
Dinner: Tortilla chips, coconut water, white rice

Today was the day that I told my parents I was vegan. My parents didn't want me to become vegan because they thought I wouldn't be getting my nutrients. They also asked me what I was going to eat. After explaining to them that it was healthy to be vegan, we went to the store. I started getting fruits, vegetables and coconut water.

Day 2- April 13th, 2017-Paola Jimenez

Breakfast: Banana, Apple  
Lunch: Apple, Carrots  
Dinner: Guacamole, Tortilla  
Snacks: Orange juice

Many of my friends today told me I was crazy and that they would never do that. One of my friend told me that it was going to be hard for me and that I was kind of being stupid.

Day 3- April 14th, 2017- Paola Jimenez

Breakfast: Banana, Apple  
Lunch: Cucumber, apple, grapes, jicama  
Dinner: Beans, guacamole, tostada, popcorn  
Snacks: Coconut water

My friends found out that I was vegan today. They told me many things about how they wouldn't ever be vegan. They also said that it was dumb because many of it isn't vegan and it's hard to find the food you can eat. My parents told me that I should be eating more than just fruit.

Day 4- April 15th, 2017-Paola Jimenez

Breakfast: Apple, orange juice, cereal, papaya  
Lunch: Tortilla chips, orange  
Dinner: White rice, guacamole, tangerine, strawberries  
Snacks: Popcorn

Today another friend found out and they said they would try being vegan too. She said it would be easy for her because she never really ate meat. Others said it was cool but others still say it's dumb to be vegan because I would do a change for animals getting killed.

Day 5- April 16th, 2017- Paola Jimenez

Breakfast: White rice, lettuce,& carrots  
Lunch: Honeydew  
Dinner: Beans, green salsa,& potato wedges  
Snacks: Dried plantains

Today I had to go to the dentist so I just ate something simple. After that I couldn't eat something until an hour. Later that day my mom made me potato wedges and she already had cooked beans so that's what I ate.

Day 6-April 17h, 2017- Paola Jimenez

Breakfast: Black coffee  
Lunch: Corn, potato fries  
Dinner: Beans, rice, guacamole  
Snacks: Strawberries & Watermelon

Today being Easter day my family and I went to church in the morning. We went to 7/11 right after church and bought some coffee. I got some black coffee just with sugar. My dad did get mad because he told me to get something else because that was going to be the only thing for breakfast and I didn't. Later that day we went to the store and my parents bought meat and other types of food to make a carne asada. I only ate roasted corn, fruit, beans, and white rice with guacamole. of food to make a carne asada. I only ate roasted corn, fruit, beans, and white rice with guacamole.

Day 7-April 18th- Paola Jimenez

Breakfast: Banana, orange juice  
Lunch: Tortilla chips, melon & orange  
Dinner: Beans, rice & tostada

It was a school day today and people didn't believe I was still vegan. They were surprised that I lasted that long. My parents actually worried that I wasn't eating well and they were proud at the same time that I had lasted long. My friends also told me that they were surprised that I had time doing this. They told me that they would never try this, that they wouldn't be able to live without meat.

Day 8-April 19th- Paola Jimenez

Breakfast: Orange juice, banana  
Lunch: Tortilla chips, salsa, potato wedges & orange  
Dinner: Plantains, mango, strawberries  
Snacks: Strawberry smoothie

The last day finally came and I have learned so many. I got many comments and beliefs about me being vegan and how people get offended by just the way you eat. My dad gave me a small talk about why animals were meant for eating. My family believes that God created animals so that we could lead them to live. He says it's a life cycle and that in order to survive we depend on other things. After all they didn't know that this was just an experiment. Also my mom did find this offended because I didn't eat any of the food she regularly makes for us to eat. She did make me white rice and vegan food but wasn't really happy about having to food besides the one she makes

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Day 1- April 12th, 2017-Eva Ledesma

Breakfast- Watermelon, Melon  
Lunch- Apple, Carrots  
Dinner- Rice and Beans

Today in the morning I got up looking for something to eat. My dad told me to eat Cinnamon Toast Crunch because it was vegan. He said that he had checked the ingredients so I trusted him but I still wanted to make sure that it was vegan.

I looked up the ingredients as I served myself the cereal. I looked up the ingredients that had a name that I didn't understand and it turned out that when I searched up *Vitamin B12* it was from some animal product. I left the cereal served on the counter and my mom then asked me why I left it there. I told her that it wasn't vegan and then she said that I should just eat it since it's just for breakfast.

Day 2- April 13th, 2017- Eva Ledesma

Breakfast- Watermelon, Melon  
Lunch- Apple, Orange  
Dinner- Rice and Beans  
Snacks- Popcorn

I went to school and the school cafeteria had no food that was vegan and I just got fruits to eat. My mom made food and offered me some but I told her no so she got kind of bugged because she had forgotten. She was used to making food for everyone in the family that she had to throw away some of the food because it was the left over.

Day 3- April 14th, 2017- Eva Ledesma

Breakfast- Watermelon, Melon  
Lunch- Potato Wedges  
Dinner- Rice and Beans

My mom told me to make myself something to eat so I looked around the fridge and then I found rice and beans. I ate that for dinner and my mom kept telling if that was all I was gonna eat and I told her yes. She seemed a little bugged that I wasn't gonna eat her food.



Day 4- April 15th, 2017- Eva Ledesma

Breakfast-Watermelon, Melon

Lunch- Banana, Melon

Dinner- Sauteed mushrooms and spinach, and cucumbers

Me and my sister were thinking of what to make ourselves for dinner because she decided to join me in my vegan diet. We ended up sauteing spinach and mushrooms in a pan and adding cucumbers on the side. My mom didn't even bother to question now because she knows we are vegan.

Day 5- April 16th, 2017- Eva Ledesma

Breakfast- Milkshake-Ingredients: Strawberry, Bananas, and Soymilk

Lunch- Carrots, Apple

Dinner- Rice and Beans

Snack- Vegan chocolate chip cookie and Soymilk

We went to a Mexican restaurant to eat dinner. I got the menu and asked my sister if there were any vegan options but we never found any plate of food that was vegan. When I ordered my food which was rice and beans, I forgot to tell them without cheese so I had to take it off with my spoon but half of the beans I had to throw away because they had a little cheese on it. But as I was doing this, the waiter passed by and stared at me because he probably thought that it was weird. My grandpa then asked me why I didn't get a full plate of meal and just got a side of rice and beans. I told him that I was going vegan and I couldn't eat anything that was from animals. My grandpa told me that I should be careful because I could become anorexic and end up dying.

Day 6- April 17th, 2017- Eva Ledesma

Breakfast-Banana, Soymilk

Lunch- Melons, Orange, Cucumbers

Dinner- Sauteed mushrooms and spinach, and cucumbers

Today we did the same thing by sauteing mushrooms and spinach and adding cucumbers but my grandma made it for us this time and she questioned why we didn't add chicken or fish. I told her that I was vegan and she said to not stop eating and to get enough food I need in my system.

Day 7- April 18th, 2017- Eva Ledesma

Breakfast-Banana, Soymilk

Lunch- Melon and Orange and Banana

Dinner- Rice and homemade potato chips and carrots

Today mostly all the people that I usually see every day already knew that I was going vegan so whenever I would eat they wouldn't question me because they got used to me not eating the food that they would offer me.

Day 8- April 19th, 2017- Eva Ledesma

Breakfast- Milkshake-Ingredients: Strawberry, Bananas, and Soymilk

Lunch- apple and orange

Dinner- Lentils

My parents had gone on a trip to Vegas for the weekend so when they came back they didn't really see me eat cuz I wouldn't eat with them. But today I ate with them because she made lentils for everyone and I ate it but then she offered us bread and I said no. She questioned me and I told her because I was vegan. She looked surprised because she maybe had forgotten so she said, "still"? She then told me that I should be careful when doing those "diets."

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**Animals and Religion**

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**GLUE THIS "BOARD TAG" ON THE BACK OF YOUR BOARD!**

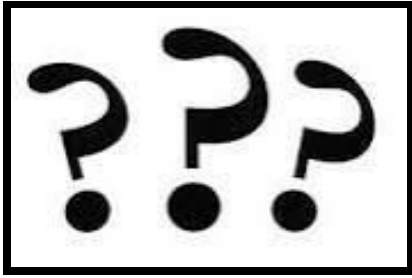
**Driving Question:** How does veganism create ethical conflicts within the cultural and religious communities?

**Names of student researchers:** Eva Ledesma//Paola Jimenez//Jennifer Renteria

**Grade level:** 8

**Mentor teacher:** Mrs.Park

**Special notes about handling and or placement or presentation space needed:**  
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## Ending Question

How can I create more understanding and acceptance towards a vegan diet in my own culture?

Please checkout our weebly website to see more about our Symposium journey!!!



