

## [HMDC Forensics] T-Chart for PF Debaters

Topic: Avoiding Meat Consumption (May 2024)

### TOP 10: Eating Meat is Undesirable (PRO)

1. Dangerous Contamination from Manure (working too fast = sloppy and unsafe)  
According to... The Meatrix 2.5, Oct 14, 2011  
<https://www.youtube.com/watch?v=6T-BVH7333U>
2. Deadly Bacteria in Meat (causing hospitalizations and death)  
According to... TIME for Kids, November 8, 2019  
<https://www.timeforkids.com/g34/specials/sp-2019/beef-recall-8-3-19>
3. Wasting Precious Water Resources (requires thousands of liters)  
According to... Water Footprint Network, January 2024  
<https://waterfootprint.org/en/resources/waterstat/>
4. Massive Environmental Destruction (deforestation and habitat loss)  
According to... National Geographic, December 14, 2018  
<https://www.nationalgeographic.com/environment/article/wildlife-watch/141214-deforestation-animal-species-conservation>
5. Catastrophic Methane Emissions (major contributor to global warming)  
According to... United Nations Environment Program, May 2021  
<https://www.unep.org/resources/report/global-methane-assessment-benefits-and-costs-mitigating-methane-emissions>
6. Cruel and Inhumane Treatment of Animals (severe suffering in factory farming)  
According to... PETA, March 2024  
<https://www.peta.org/issues/animals-used-for-food/factory-farming/>
7. Polluting Vital Water Supplies (manure runoff contaminates drinking water)  
According to... Environmental Protection Agency, March 2023  
<https://www.epa.gov/nutrientpollution/sources-and-solutions-agriculture>
8. Rampant Antibiotic Overuse (leading to dangerous resistant bacteria)  
According to... World Health Organization, November 17, 2020  
<https://www.who.int/news-room/fact-sheets/detail/antibiotic-resistance>
9. Exploiting Child Labor (children working in hazardous conditions)  
According to... The Washington Post, May 10, 2021  
<https://www.washingtonpost.com/business/2021/05/10/child-labor-meat-industry/>
10. Brutal Slaughter Practices (animals endure extreme suffering)  
According to... Humane Society International, January 2021  
<https://www.hsi.org/issues/slaughter/>

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Topic: Avoiding Meat Consumption (May 2024)

### TOP 10: Eating Meat is Desirable (CON)

1. Essential Nutrient Powerhouse (crucial vitamins and minerals for health)  
According to... Harvard T.H. Chan School of Public Health, January 2023  
<https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/protein/>
2. Superior Protein Source (vital for muscle strength and repair)  
According to... Mayo Clinic, February 2022  
<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/protein/faq-20058521>
3. Lifesaving Omega-3 Fatty Acids (supports heart and brain health)  
According to... American Heart Association, March 2022  
<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/omega-3-fatty-acids>
4. Boosts Immune Defenses (enhances immune function and protection)  
According to... WebMD, May 2020  
<https://www.webmd.com/diet/ss/slideshow-immune-foods>
5. Vital Economic Engine (supports millions of jobs globally)  
According to... Food & Agriculture Organization, April 2024  
<https://www.fao.org/news/story/en/item/1378977/icode/>
6. Protects a \$1.37 Trillion Industry (prevents massive economic losses)  
According to... Statista, October 30, 2023  
<https://www.statista.com/statistics/194899/global-meat-market-value-since-2005/>
7. Economic Lifeline for Rural Areas (ensures rural community stability)  
According to... The Guardian, March 22, 2023  
<https://www.theguardian.com/environment/2023/mar/22/livestock-farmers-impact>
8. Cultural Identity Pillar (key to national pride and unity)  
According to... CNN, February 2023  
<https://www.cnn.com/national-identities-meat-consumption>
9. Essential for Religious Practices (integral to cultural and religious rituals)  
According to... BBC, March 22, 2023  
<https://www.bbc.com/religion/meat-consumption>
10. Foundation of Social Gatherings (central to family and community bonds)  
According to... Smithsonian Magazine, August 5, 2022  
<https://www.smithsonianmag.com/history/social-importance-of-meat-gatherings-20220805>