2. Why do some people choose not to eat meat?

That's an interesting question.   In my country nearly everyone enjoys eating meat, though not in large quantities.   However, some people, mainly Buddhists and young people who are members of animal rights movements, make a concerted effort not to eat meat for ethical reasons- they believe animals have the same right as us humans to live full, natural lives, so we humans should not eat animals.   Although some scientists say it is important to eat meat for health reasons, others claim that if you eat the right vegetables and fruits, eating meat is not necessary to maintain a good standard of health.