

## **Vegetarian POV Lesson**

Hello, this is AJ Hoge. Welcome to the POV lesson for "Vegetarian". Let's get started.

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**Porky pig wants to lose weight. So he goes to Dr. Atkins. He says, "Dr. Atkins, I want to lose weight. Please help me." Dr. Atkins says, "Okay, eat lots of meat and fat. It tastes great and you'll lose weight."**

**Porky says, "Hey, you are preachin' to the choir. I love meat."**

**So Porky goes home. Every day he eats lots and lots of meat. Lots and lots of fat, everything but the kitchen sink.**

**How does he feel? Well, in fact he feels terrible. Porky gets sick. Every day he feels more and more sick.**

**In the beginning he loses some weight. But eventually he gains more and more and more weight. He gets fatter and fatter and fatter. He becomes super fat.**

**So Porky pig becomes obese. He decides, "I need to see someone else. I need to ask another person for help." He goes to John Robbins. John Robbins says, "As a rule, you should eat lots of fruits and vegetables to lose weight. You must also exercise."**

**Porky does not like this idea. This information goes in one ear and out the other. Porky ignores John's advice and he keeps eating meat and he keeps eating fat.**

**Well, one month later Porky has a heart attack. And he almost dies.**

**He says, "I've seen the light. I must eat lots of fruits and vegetables."**

**He goes home from the hospital and becomes a vegetarian. He eats only fresh fruit and vegetables and brown rice. He begins to feel better and better and he loses 528 pounds. He becomes a slim and handsome pig.**

**And, of course, his vegetarian diet plays a major role in helping him become healthy.**

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Alright, this next one happens in the future.



## Vegetarian POV Lesson

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In the future there will be a pig and he'll want to lose weight. He's gonna go to Dr. Atkins. He'll say to Dr. Atkins, "Dr. Atkins, I want to lose weight. Please help me." Dr. Atkins will say, "Okay, eat lots of meat and fat. It tastes great and you'll lose weight."

Porky'll say, "Hey, you're preachin' to the choir. I love meat."

So Porky will go home. Every day he'll eat lots and lots of meat. And he's gonna eat fat and everything else but the kitchen sink.

In fact he's not gonna feel good. In fact, he's gonna feel terrible. He's gonna get sick. Every day he's gonna feel more and more sick.

Yes, in the beginning he will lose some weight. But eventually he's gonna gain more and more and more weight. He's gonna get fatter and fatter and fatter and he's gonna become super fat.

In fact, Porky will become obese. So he'll decide, "I need to see someone else. I need to ask another person for help." He'll go to John Robbins. John Robbins will say, "As a rule, you should eat lots of fruits and vegetables to lose weight. You must also exercise."

Porky will not like this idea. He won't like it. This information is gonna go in one ear and out the other. He's gonna ignore John's advice and keep eating meat and keep eating fat.

And one month later he's gonna have a heart attack. He will almost die.

Finally, he'll say, "I've seen the light. I must eat lots of fruits and vegetables."

He'll go home from the hospital and become a vegetarian. He'll eat only fresh fruit and vegetables and brown rice. And he'll feel better and better and better and he'll lose 528 pounds. He will become a slim and handsome pig.

And, of course, his vegetarian diet is gonna play a major role in helping him lose weight and become healthy.

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Okay, finally, our last version of our story begins with, "Since last year..."

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## Vegetarian POV Lesson

Since last year Porky has wanted to lose weight. And since 10 years ago he has been fat. Porky has been fat for 10 years. But for 9 years he has not cared. However, since last year he has wanted to lose weight. Since last year he has thought about losing weight a lot. Almost every day he has thought about losing weight. He has read a lot of books about losing weight. Starting a year ago until recently. But he hasn't lost any weight.

Well finally one day he went to see Dr. Atkins. He said to Dr. Atkins, "I want to lose weight. Please help me." And Dr. Atkins said, "Okay, eat lots of meat and fat. It tastes great and you'll lose weight."

Porky said, "Hey, you are preachin' to the choir. I love meat."

So Porky went home. Every day he ate lots and lots of meat. Lots and lots of fat, he ate everything but the kitchen sink.

But, he felt terrible. He got sick. Every day he felt more and more sick.

Yes, in the beginning he lost some weight. But eventually he gained more and more and more weight. He got fatter and fatter and fatter. He became super fat.

He became obese. So he decided, "I need to see someone else. I need to ask another person for help." He went to John Robbins. John Robbins said, "Porky, as a rule, you should eat lots of fruits and vegetables to lose weight. You must also exercise."

Porky didn't like this advice. This information went in one ear and out the other. Porky ignored John's advice and he kept eating meat and he kept eating fat.

And one month later he had a heart attack. He almost died.

He finally said, "I've seen the light. I must eat lots of fruits and vegetables."

He went home from the hospital and became a vegetarian. He ate only fresh fruit and vegetables and brown rice. He began to feel better and better and better and he lost 528 pounds. He became a slim and handsome pig.

And, of course, his vegetarian diet played a major role in helping him lose weight and stay healthy.

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And that is the end of the POV stories for "Vegetarian".