Peter Singer, the Australian philosopher, has challenged the idea that eating is simply a matter of convenience or a personal choice. Over the past three decades, Singer has been a vocal advocate for the idea that what we eat affects the environment, the animals we eat, and the people who produce the food. He has called for a shift in our eating habits, away from the大规模 consumption of meat, to one that is more sustainable and ethical.

Singer's arguments are based on the concept of individual morality and rights. He believes that individuals have a right to choose what they eat, but they also have a responsibility to consider the impact of their choices on others and the environment. "I think it ought to be governed by the standards of how it affects the individual animals, just as we'd regard the standards of how it affects other people," Singer has said.

Some people who want to eat ethically will probably feel that they'll never be able to live up to Singer's standards. Others, however, may find his arguments compelling and challenging. Singer's ideas have helped to legitimize the idea that meat is murder, and have inspired others to think more deeply about the ethics of eating.

Singer's ideas are not without critics, however. Some argue that Singer's arguments are too simplistic and that the reality of eating is more complex. Others argue that Singer's ideas are impractical and that changing our eating habits is not something that can be easily or quickly achieved.

Despite these criticisms, Singer's ideas have had a significant impact on the way we think about food and eating. His arguments have helped to shift the conversation away from the idea that eating is simply a matter of personal preference, and towards a more holistic view that considers the environmental, social, and moral consequences of what we eat.