



China's HMPV Outbreak: Key Facts and Concerns

Description

A new report shows that people around the world are eating more plant-based foods than before. This means they are choosing meals that have more vegetables, fruits, nuts, and grains instead of meat and dairy products. Experts say this change is happening because more people want to be healthy and protect the environment.

Many studies suggest that eating more plant-based foods can lower the risk of health problems like heart disease and obesity. It can also help save the planet because producing fruits and vegetables causes less pollution than producing meat. For example, growing vegetables uses less water and land and creates fewer greenhouse gases.

In several countries, more restaurants are now offering plant-based meals on their menus. This helps people who want to try eating less meat find tasty and healthy options when they eat out. Even big fast-food chains have started to introduce meat-free burgers and other plant-based options. This shows that eating habits are changing all over the world.

In addition to health and environmental reasons, some people choose plant-based foods for ethical reasons. They care about animals and do not want them to suffer. By eating less meat, they feel they can make a positive impact.

However, some people find it difficult to change their eating habits. They are used to meals that include meat, and some believe plant-based foods are not satisfying. Experts suggest starting slowly, perhaps by having a few meat-free meals each week, to help get used to the change.

Overall, eating more plant-based foods is becoming a popular choice for people in many countries, offering a healthy and eco-friendly way to enjoy a meal.

Vocabulary List:

1. **Obesity** /oʊˈbiː.sɪ.ti/ (noun): The condition of being grossly fat or overweight.
2. **Greenhouse gases** /ˈɡriːn.haʊs ˈɡæzɪz/ (noun): Gases that trap heat in the atmosphere and contribute to global warming.
3. **Ethical** /ˈɛθɪkəl/ (adjective): Relating to moral principles or the branch of knowledge dealing with these.
4. **Satisfying** /ˈsætɪsfaɪɪŋ/ (adjective): Providing fulfillment or gratification.
5. **Pollution** /pəˈluːʃən/ (noun): The presence in or introduction into the environment of a substance which has harmful or poisonous effects.
6. **Impact** /ˈɪmpækt/ (noun): The effect or influence of one person thing or action on another.



Comprehension Questions

Multiple Choice

1. What are some examples of plant-based foods mentioned in the text?
Option: Vegetables, fruits, nuts, and grains
Option: Chicken, pork, beef, and fish
Option: Ice cream, cheese, milk, and yogurt
Option: Pizza, pasta, sandwiches, and burgers
2. Which of the following is NOT a reason why people are shifting towards plant-based foods?
Option: Health benefits
Option: Environmental concerns
Option: Taste preferences
Option: Ethical considerations
3. Why do experts recommend starting slowly when transitioning to plant-based foods?
Option: To avoid all types of meat at once
Option: To prevent gaining weight
Option: To allow the taste buds to adjust
Option: To save money
4. How do plant-based foods contribute to saving the planet?
Option: By emitting more greenhouse gases
Option: By using more water and land
Option: By causing more pollution than meat production
Option: By creating fewer greenhouse gases
5. What impact does choosing plant-based foods have on animals according to the text?
Option: It makes animals suffer more
Option: It eliminates the need for animal products
Option: It increases animal agriculture
Option: It has no effect on animals
6. Why are more restaurants offering plant-based meals?
Option: To increase meat consumption



- Option: To promote unhealthy eating habits
- Option: To cater to people wanting to eat less meat
- Option: To create confusion among customers

Gap-Fill

13. Eating more plant-based foods can _____ the risk of health problems like heart disease and obesity.
14. Some people choose plant-based foods for _____ reasons.
15. Experts suggest starting slowly to help get used to the change when transitioning to _____ foods.
16. Producing fruits and vegetables causes _____ pollution than producing meat.
17. By eating less meat, some people believe they can make a positive _____ on the environment.
18. Overall, eating more plant-based foods offers a healthy and eco-friendly way to enjoy a _____.

Answer

Multiple Choice: 1. Vegetables, fruits, nuts, and grains 2. Taste preferences 3. To allow the taste buds to adjust 4. By creating fewer greenhouse gases 5. It eliminates the need for animal products 6. To cater to people wanting to eat less meat

Gap-Fill: 13. lower 14. ethical 15. plant-based 16. less 17. impact 18. meal

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which word describes a feeling of great enthusiasm or eagerness?



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- Option: Obesity
Option: Vibrant
Option: Excitement
Option: Renewable
2. Which term refers to the quality of being easily reached or entered?
Option: Sustainable
Option: Impact
Option: Accessibility
Option: Pollution
3. Which word relates to groups of people living in the same area or having common characteristics?
Option: Exhibits
Option: Surrounded
Option: Communities
Option: Environment
4. Which term refers to the surroundings or conditions in which a person animal or plant lives or operates?
Option: Inspire
Option: Environment
Option: Guidelines
Option: Variety
5. What process is the conversion of waste into reusable material?
Option: Renewable
Option: Recycling
Option: Ethical
Option: Range
6. Which term describes the influence or effect of one thing on another?
Option: Socialize
Option: Impact
Option: Access
Option: Initiatives
7. What word is used to indicate a range of different things?
Option: Vibrant
Option: Variety
Option: Vibrant
Option: Exhibition
8. Which term means appealing or pleasing to the senses?
Option: Satisfying



- Option: Attractive
- Option: Greenhouse gases
- Option: Ethical

9. What refers to objects or displays used for show or entertainment purposes?

- Option: Committed
- Option: Excitement
- Option: Exhibits
- Option: Pollution

10. What are gases that trap heat in the Earth's atmosphere?

- Option: Committed
- Option: Vibrant
- Option: Greenhouse gases
- Option: Inspire

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. The island was _____ by beautiful coral reefs.
12. Everyone is welcome to _____ in the charity run.
13. The boutique offers a wide _____ of designer clothing.
14. It is important to make _____ choices in business.
15. Achieving your goals can bring a sense of _____.
16. Factories are a major source of environmental _____.
17. Being part of a strong _____ can provide support and friendship.
18. The new library is easily _____ to all residents.
19. Solar energy is an example of a _____ resource.
20. The company has launched several new _____ to reduce waste.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The teacher's passion for science did much to inspire her students.



22. The festival was a vibrant celebration of music and culture.
23. She is committed to protecting the environment and reducing waste.
24. Using renewable energy sources is essential for a sustainable future.
25. The children squealed with excitement when they saw the circus animals.
26. Many people go to the neighborhood park to socialize with friends.
27. Wind power is an example of a renewable energy source.
28. The company issued clear guidelines on workplace safety.
29. The new park design is both functional and attractive.
30. It is important for businesses to make ethical decisions.

Answer

Multiple Choice: 1. Excitement 2. Accessibility 3. Communities 4. Environment 5. Recycling 6. Impact 7. Variety 8. Attractive 9. Exhibits 10. Greenhouse gases

Gap-Fill: 11. surrounded 12. participate 13. range 14. ethical 15. satisfaction 16. pollution 17. community 18. accessible 19. renewable 20. initiatives

Matching sentence: 1. Inspire 2. Vibrant 3. Committed 4. Sustainable 5. Excitement 6. Socialize 7. Renewable 8. Guidelines 9. Attractive 10. Ethical

CATEGORY

1. Health - LEVEL3

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