

## 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** /oʊ'biː.sɪ.ti/ (noun): The condition of being grossly fat or overweight.
- 2. **Greenhouse gases** /ˈgriːn.haʊs ˈgæsɪz/ (noun): Gases that trap heat in the atmosphere and contribute to global warming.
- 3. **Ethical** /'εθικəl/ (adjective): Relating to moral principles or the branch of knowledge dealing with these.
- 4. **Satisfying** /'sætɪsfaɪɪŋ/ (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 /'impækt/ (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 t | o 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 ca   | n make a positive                      |
| on the environment.                                    |  |
| 18. Overall, eating more plant-based foods offers a he | ealthy 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?



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? NEWS.CC

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 atr                                       | mosphere?                           |  |
| Option: Committed  |                                     |  |
| Option: Vibrant  |                                     |  |
| Option: Greenhouse gases   |                                     |  |
| Option: Inspire  |                                     |  |
|  |                                     |  |
| Gap-Fill ( Fill in the blanks with the correct w   | ord from the vocabulary list. )     |  |
|  |                                     |  |
| 11. The island was by bea  | autiful coral reefs.                |  |
| NB   |                                     |  |
| 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 hysiness                 |  |
| 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

Date Created 2025/01/20 Author aimeeyoung99