

Could Nondairy Milk's Key Ingredient Increase Colon Cancer Risk?

Description

Experts are warning about the dangers of nondairy milk.

Many people in America are drinking less cow's milk. They prefer plant-based milk for health reasons, because they can't have dairy, or because they are concerned about animal abuse in dairy farming.

However, some ingredients in plant-based milk may not be healthy. These milks can be lower in fat and calories but not always better nutritionally than cow's milk. Some plant milks have sugars like chocolate milk.

People often think plant-based options are healthier. But many of these milks may have additives that can be harmful.

Additives like emulsifiers help keep milk smooth and prevent separation. These can disrupt the gut and may lead to gut problems and even colon cancer.

Research shows that some plant-based milks can raise blood sugar levels. Oat milk, for example, has more carbs and less protein than cow's milk.

Dietitians advise being careful with these options to protect overall health.

Vocabulary List:

- Nondairy** /nɒn'deəri/ (adjective): Referring to products that do not contain dairy ingredients.
- Additives** /'ædɪtɪvz/ (noun): Substances added to something in small quantities to improve or preserve it.
- Emulsifiers** /ɪ'mʌlsɪfɪərz/ (noun): Substances that help mix ingredients that normally do not combine.
- Nutritionally** /nju:trɪʃənəli/ (adverb): In a way that relates to the nutritional value of food.
- Disrupt** /dɪs'rʌpt/ (verb): To interrupt the normal progress or functioning of something.
- Advise** /əd'veɪz/ (verb): To offer suggestions about the best course of action.

Comprehension Questions

Multiple Choice



1. What are the reasons many people in America prefer plant-based milk?

- Option: Health reasons
- Option: Inability to have dairy
- Option: Concerns about animal abuse in dairy farming
- Option: All of the above

2. Why do some people believe plant-based milk options are healthier?

- Option: Lower in fat and calories
- Option: Nutritionally better than cow's milk
- Option: Higher in protein content
- Option: None of the above

3. What can additives like emulsifiers in plant-based milk potentially lead to?

- Option: Heart diseases
- Option: Gut problems and colon cancer
- Option: Skin allergies
- Option: Improved digestion

4. Which plant-based milk is mentioned to have more carbs and less protein than cow's milk?

- Option: Almond milk
- Option: Soy milk
- Option: Oat milk
- Option: Coconut milk

5. What do experts warn about regarding nondairy milk?

- Option: Lack of availability
- Option: Nutritional deficiencies
- Option: Dangers
- Option: Water contamination

6. Why do dietitians advise caution with plant-based milk options?

- Option: To promote dairy consumption
- Option: To support animal farming
- Option: To protect overall health
- Option: To reduce sugar intake

True-False

7. Plant-based milks are always nutritionally superior to cow's milk.
8. Some additives in plant-based milk can disrupt gut health.
9. Oat milk is mentioned to have higher protein content than cow's milk.
10. Plant-based milk consumption can lead to increased blood sugar levels.
11. Concerns about animal abuse in dairy farming are a reason why some people prefer plant-based milk.
12. Plant-based milk is completely free from any potential harmful additives.

Gap-Fill

13. Plant-based milks may have additives that can be _____.
14. _____ like emulsifiers in plant-based milk can lead to gut problems and even colon cancer.
15. Research shows that some plant-based milks can raise _____ levels.
16. Dietitians advise being careful with plant-based milk options to protect _____ health.
17. Many people prefer plant-based milk due to concerns about animal abuse in _____ farming.
18. Some ingredients in plant-based milk may not be _____.

Answer

Multiple Choice: 1. All of the above 2. Lower in fat and calories 3. Gut problems and colon cancer 4. Oat milk 5. Dangers 6. To protect overall health

True-False: 7. False 8. True 9. False 10. True 11. True 12. False

Gap-Fill: 13. harmful 14. Additives 15. blood sugar 16. overall 17. dairy 18. healthy

Vocabulary quizzes

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

1. Which term describes something having great worth or significance?

- Option: Unemployment
- Option: Volatile
- Option: Valuable
- Option: Earnings

2. What term is used to refer to activities related to the production of goods in factories?

- Option: Strike
- Option: Artificial
- Option: Industrial
- Option: Unemployment

3. Which term is defined as a general increase in prices and fall in the purchasing value of money?

- Option: Confidence
- Option: Inflation
- Option: Consumer
- Option: Economy

4. What term refers to the action or process of investing money for profit or material result?

- Option: Tariffs
- Option: Investment
- Option: Confidence
- Option: Consumer

5. Which term describes the wealth and resources of a country in terms of the production and consumption of goods and services?

- Option: Economy
- Option: Disrupt
- Option: Nondairy
- Option: Premarket

6. What term describes products that do not contain any dairy ingredients?

- Option: Earnings
- Option: Necrotizing
- Option: Nondairy
- Option: Volatile

7. Which term refers to the belief in the reliability truth or ability of someone or something?

- Option: Important
- Option: Confidence



Option: Adjust

Option: Reckitt

8. Which term describes the quality of being committed to a task or purpose?

Option: Nutritionally

Option: Dedication

Option: Tariffs

Option: Earnings

9. What are substances added to something in small quantities to improve or preserve it?

Option: Exports

Option: Additives

Option: Strike

Option: Economy

10. Which term is likely associated with a company or brand name in the context of business or industry?

Option: Economy

Option: Reckitt

Option: Volatile

Option: Important

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

11. _____ is the state of being without a job.

12. Employees may go on a _____ to protest against workplace conditions.

13. _____ are taxes imposed on imports or exports.

14. A _____ is a person who purchases goods and services for personal use.

15. _____ refer to the amount of money a company makes from its business activities.

16. A product that is tested before its official release is said to be in the _____ phase.

17. The government often implements policies to boost the _____ and encourage growth.

18. _____ can erode the purchasing power of consumers over time.

19. Investors may lack _____ in the market during times of uncertainty.

20. Some food labels highlight the _____ content of a product to appeal to health-conscious consumers.

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

21. Artifacts from ancient civilizations are often considered for their historical significance.

22. The company its financial forecast to reflect the changing market conditions.

23. The Industrial Revolution had a profound impact on the way goods were manufactured.

24. The of education in society cannot be understated.

25. Making a long-term can help secure one's financial future.

26. The global relies on a delicate balance between supply and demand.

27. Understanding the needs and preferences of the is vital for successful marketing.

28. Central banks monitor rates to ensure stable economic growth.

29. The country's main source of revenue comes from the sale of to foreign markets.

30. A positive outlook can instill among investors and businesses.

Answer

Multiple Choice: 1. Valuable 2. Industrial 3. Inflation 4. Investment 5. Economy 6. Nondairy 7. Confidence 8. Dedication 9. Additives 10. Reckitt

Gap-Fill: 11. Unemployment 12. Strike 13. Tariffs 14. Consumer 15. Earnings 16. Premarket 17. Economy 18. Inflation 19. Confidence 20. Nutritionally

Matching sentence: 1. Valuable 2. Adjusted 3. Industrial 4. Importance 5. Investment 6. Economy 7. Consumer 8. Inflation 9. Exports 10. Confidence

CATEGORY

1. Business - LEVEL1

Date Created

2024/10/29



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