

**Activity 1**

Before you read, match the words from the text to their definitions.

- |               |  |
|---------------|--|
| 1. give up    | a. a general tendency or direction of people's behaviour |
| 2. nutritious | b. providing food necessary to live and grow             |
| 3. obesity    | c. stop doing something                                  |
| 4. range      | d. a set of related products in a shop                   |
| 5. treatment  | e. being very fat  |
| 6. trend      | f. how you act or behave towards someone or something    |

# Vegetarian UK

By Sally Trowbridge

Vegetarianism is increasing in the UK as more and more people are deciding not to eat meat and animal products. According to the Vegetarian Society, 2,000 people are giving up meat and 'going veggie' in Britain every week. There's even a 'National Vegetarian Week' organised every year to encourage people to try a meat-free lifestyle.

**Vegetarians and vegans**

A recent poll estimated that three million people (5.7 per cent of the population) were vegetarian. Vegetarians (people who don't eat meat) and vegans (people who don't eat or use any animal products) are becoming increasingly common in UK culture. Visit a British supermarket and you will see a wide range of vegetarian ingredients and prepared meals on the shelves, including vegetarian sausages and vegan cheese.

**A healthy diet**

So why are Brits cutting out meat? Many are unhappy about the poor treatment of animals and the effects of meat and fish production on the environment. Worries about food safety (for example BSE or 'mad cow disease') also play a part. Others choose to change their eating habits to improve their general health. According to the Vegetarian Society, a meat-free diet could help reduce the risk of certain cancers and heart disease, as well as obesity and high blood pressure.

**Organic farming**

Another rising trend is in how UK food is produced. Many people are rejecting GM (genetically modified) food and intensive farming practices. They want their food to be organically produced. Organic farmers use very few or no chemicals, pesticides or fertilisers and organic meat is produced without the use of drugs and antibiotics. Organically farmed animals also have more living space and more nutritious food.



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**Organic food**

According to the Soil Association, three out of every four UK households now buy some type of organic food. Some get organic meat, fruit and vegetables from farmers' markets, where products are sold directly to the consumer. Others have a box of organic fruit and vegetables delivered to their homes every week. Many people buy organic produce in their local supermarket. Although it's often more expensive, fans of organic food say it tastes much better!

**Activity 2**

Complete the gaps with a phrase to make true sentences about the text.

- |                            |  |
|----------------------------|--|
| 1. over five per cent      | a. ....UK households now buy organic food of some description.         |
| 2. Many                    | b. Every week ..... people become vegetarian in the UK.                |
| 3. every week              | c. Organic farmers use .....pesticides or fertilisers.                 |
| 4. two thousand            | d. It is thought that .....of the UK population is now vegetarian.     |
| 5. very few                | e. ....people in the UK are unhappy about how animals are treated.     |
| 6. Three out of every four | f. Organic fruit and vegetables are delivered ..... to people's homes. |

Activity 2  
1. f; 2. d; 3. e; 4. a; 5. b; 6. c

Activity 1  
1. c; 2. b; 3. e; 4. d; 5. f; 6. a

**ANSWERS**