

When Safety Tops Your Priority: Plant-based Milks

Text Type: Pamphlet
Suggested finishing time: 15 mins

Let's think!

1. Have you ever felt unwell after having cow's milk?
2. Do you know cow's milk can cause diarrhoea?

[1] The nutritional value of cow's milk is universally known. To public knowledge, protein, calcium and vitamin D are the three vital nutrients in cow's milk. However, cow's milk is not an option for those who are born with lactose intolerance and therefore allergic to it, considering the allergic reactions like bloating and diarrhoea it may induce.

[2] Cow's milk not only causes allergies, it is also found to be associated with poor skin conditions, bone fractures and even cancer. Redirecting our attention to its proclaimed benefits is only a smoke-and-mirror commercial tactic that has long been used by the dairy industry.

[3] Here we would like to introduce you to a few common plant-based milks as alternatives to cow's milk, whether you are lactose intolerant or not. Rest assured that all of them can also provide you with all the essential nutrients you need and are perfect to lactose-intolerant

individuals. That's why they have been getting increasingly prevalent around the world.

Soy Milk

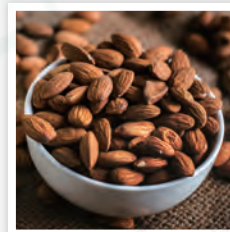
[4] Soy milk, the first kind of plant-based milk, was introduced many decades



ago into the western world from China, a country which produces an abundance of soybeans. Time has not diminished its popularity as one of the most well-liked drinks in many parts of the world. It is famous for its economical price, fragrance of beans, nutty taste, as well as its high protein content and impressive nutritional profile.

Almond Milk

[5] Almond milk is a wonderful beverage in a weight-loss diet because of its low levels of calories and saturated fat. Also, rich



in vitamin E, almond milk can help improve one's overall brain function and memory. Compared to soy milk, almond milk is lower in calcium and protein and therefore not the best alternative for kids and the elderly. If you would like to gain weight, you might want to give soy milk a try instead.

Rice Milk

[6] Of the three plant-based milks, rice milk contains the most carbohydrates and the least protein. This makes it a brilliant option for dieters who want to lower their intake of protein. Owing to its richness of carbs, rice milk has a natural sweet taste. If you happen to be looking for something non-dairy and beneficial to your skin, rice milk is an impeccable choice for you.



~380 words

Looking into Grammar

The modal verb 'might' can be used to make a suggestion in a more polite and indirect manner.

✓ You **might** (✗ **may**) want to read the manual first.

? Circle an example of 'might' in paragraph 5 used the way it is used in the sample sentence.

More to Take Away

Plant-based milks are called milk only because of their similarity to milk in appearance.

STEAM

Lactose intolerance is the inborn incapacity to digest lactose, which is a substance found in dairy products.

Part A Multiple Choice Questions

Answer the following questions based on the information provided in the pamphlet. Choose the best answer by blackening the appropriate circle.

1. In paragraph 1, ‘universally known’ can best be replaced by ‘_____’.

- A. supported by the majority
- B. loved by the public
- C. recognised by everyone
- D. believed by most people

2. Which of the following slogans may be an example of commercial tactics?

- A. ‘Cow’s milk—your only source of important nutrients’
- B. ‘Everyone knows about milk’
- C. ‘Consult your doctor as soon as possible’
- D. ‘Take your health into consideration’



3. The main purpose of the pamphlet is _____.

- A. to ask people to stop consuming cow’s milk
- B. to warn people that drinking cow’s milk can have serious consequences
- C. to inform people that there are substitutes for cow’s milk
- D. to advocate that plant-based milks should take the place of cow’s milk

3 Skim through the paragraphs first and think about why plant-based milks are introduced.



4. Which of the following is TRUE about cow’s milk and plant-based milks?

- A. Cow’s milk is much more nutritious than plant-based milks.
- B. Cow’s milk may cause lactose intolerance to those who drink it habitually
- C. Plant-based milks are not popular.
- D. Plant-based milks are fine for people who have lactose intolerance.

4 Some options contain information that is not given.

5. Which of the following is NOT true about almond milk?

- A. It is beneficial to the brain.
- B. It is not the optimal choice for kids.
- C. It is high in saturated fat.
- D. It is good for those on a diet.

6. Rice milk is an ideal choice for people who _____.

- A. would like to avoid protein
- B. dislike the taste of rice
- C. like sweet snacks
- D. want to have a high-protein diet

7. Which of the following is NOT a factor in soy milk’s popularity?

- A. It is nutritious.
- B. It has a pleasant scent.
- C. It is made with beans grown in China.
- D. It is affordable to most.



Self-evaluation Checklist

Please scan the QR code on P.6 to access the checklist for evaluating your own reading progress.

Part B Pre-HKDSE Questions

Answer the following questions based on the information provided in the pamphlet. For questions 1 and 3, answer in complete sentences.

1 Read the subheadings to help you locate the answers.


1. State one advantage and one disadvantage of drinking cow's milk.

Advantage: _____

Disadvantage: _____

2. Decide whether each of the following statements is a fact, an opinion, or undecided because not enough information is given.

Statement	Fact	Opinion	Not Given
(i) Soy milk originated in China.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(ii) Soy milk tastes better than cow's milk.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(iii) Almond milk and rice milk later became more popular than soy milk.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(iv) Most children prefer cow's milk to almond milk.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

 3. What is the main idea of paragraph 2?

4. Match each of the items in the left-hand column with the most probable comment it is given in the right-hand column.

4 What is special about each type of milk and who may be interested in each?

- | | | |
|------------------|---|--|
| (i) Soy milk | • | • A. 'You won't get fatter but cleverer if you drink it.' |
| (ii) Almond milk | • | • B. 'It's a very popular substitute for cow's milk.' |
| (iii) Rice milk | • | • C. 'I've got acne after drinking it.' |
| (iv) Cow's milk | • | • D. 'It's an ideal option for those who want to lose weight.' |

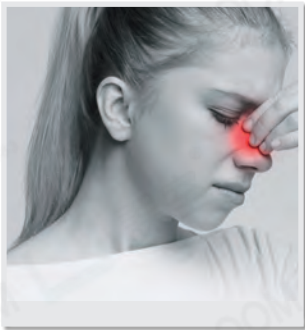
 5. Which of the following is NOT true?

- A. The dairy industry has shown bias in its use of commercial tactics.
- B. Soy milk can be described as an internationally popular beverage.
- C. Children should avoid almond milk in their diet.
- D. Rice milk is linked to skincare.

Part C Vocabulary Bank

Label the photos below with the names of the symptoms from the word box.

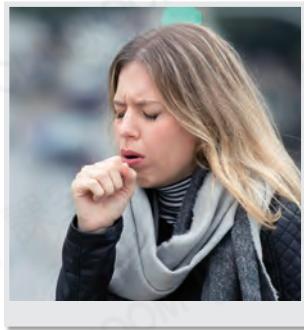
itch redness rash diarrhoea
nausea dizziness coughing nasal congestion



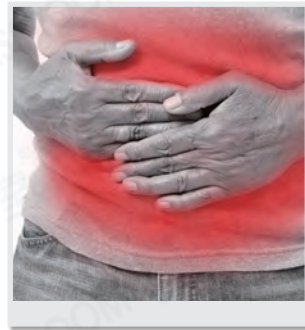
1. _____



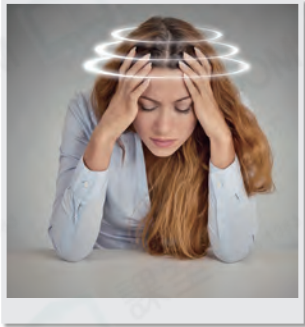
2. _____



3. _____



4. _____



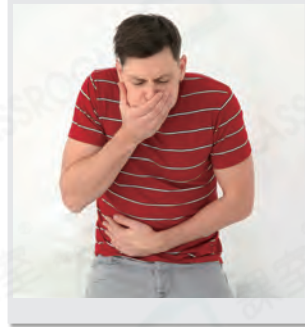
5. _____



6. _____



7. _____



8. _____

Word Craft

A **word family** refers to a group of words that share the same root. Below are a few examples:

e.g. **nutrition** (n.) **nutritious** (adj.) **nutritionist** (n.)
allergy (n.) **allergic** (adj.) **allergen** (n.)
economy (n.) **economic** (adj.) **economical** (adj.)

Let's Discuss!

1. Do you think people nowadays think too highly of cow's milk?
2. Would you try plant-based milks? Why or why not?