

# 'Veggies' Very Much

**Vegans** are people who avoid the use of animal products, whether they are luxuries like leather shoes and fur coats or necessities like animal meat.

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Many people become vegans out of their belief that animals deserve to be treated as human beings' equals. Although such a belief is also held by many vegetarians, what actually distinguishes between the two is the greater depth and breadth of vegans' practice, that is, the greater extent to which their way of life is affected by it. An example is that although both groups would say 'no' to eating meat, vegans would say 'no' to using anything—absolutely any item—that is made from or comes from animals, like leather and beeswax. 5 10

## Diet

Even in choosing what not to eat, vegans are more particular than vegetarians. Unlike some vegetarians, who refuse animal meat but welcome dairy products, vegans simply abstain from both. Seafood and honey do not exist in their diet either. To a significant extent, a vegan's diet would be made of plant-based foodstuffs—beans, grains, fruits, nuts, vegetables and the like. 15

## The recipe for health

By definition, a vegan diet contains more vegetables and less saturated fat than a normal diet does. This makes it richer in fibre and vitamin C, and sometimes much lower in calories. Perhaps this explains what the statistics have shown: that compared with meat-eaters, vegans are less likely to suffer from heart disease and cancer, and more likely to have a lower BMI (Body Mass Index). 20 25

## Limitations in reality

But there are two sides to every coin, and veganism too. Excessive consumption of plants is likely to cause ill-health just as excessive consumption of meat. Ingredients, nutrients and portions—none of these should be overlooked. It is extremely common for vegans to be troubled by the lack of certain vitamins and minerals in their meat-free diet. But since they need these no less than non-vegans do, they have to find ways to include them in their diet. Therefore, before purchasing food items, they have to read the nutrition facts labels carefully for the nutrients they need. They should also 'cook according to their needs', for example, throw some spinach in their dishes to get extra iron. Taking supplements, to some vegans, is a feasible and straightforward option. Indeed, to practise veganism requires absolute commitment and dedication. 30 35

~380 words

### Moral

Veganism may be understood both as a way to eat more healthily and as an animal rights movement against cruelty to animals of any kind.

### Looking into Grammar

The definite article 'the' is used before a noun to refer to something that is previously mentioned, unique or specified by the writer.

✓ **The key** (✗ **keys**) to success is to stay positive against all odds.

🔍 Circle a noun with 'the' preceded in paragraph 4.

Text Type: Encyclopedia entry  
Suggested finishing time: 15 mins

### Let's Think!

1. Do you have friends who follow a meat-free diet?
2. What is their reason for doing so?

### More to Take Away

Just like vegans, people who follow a carnivorous diet believe that their diet promotes health more effectively than a diet including both meat and vegetables, without knowing that they are at the other extreme end of the spectrum.

## Part A Multiple Choice Questions

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

1. Read line 2. The word ‘they’ refers to \_\_\_\_\_.
- A. the vegans
  - B. the products
  - C. the luxuries
  - D. the animals
2. In line 8, why does the writer bring up the term ‘vegetarians’?
- A. to equate it with ‘vegans’
  - B. to further highlight the popularity of veganism
  - C. to compare it to ‘vegans’
  - D. to include another group’s point of view
3. Which of the following may a vegan wear?
- A. a seashell necklace
  - B. a green wool cardigan
  - C. a pair of ivory earrings
  - D. a silk blouse with leopard print
4. Read line 31. The word ‘them’ refers to \_\_\_\_\_.
- A. certain vitamins and minerals
  - B. different kinds of vegetables
  - C. the vitamins in beef and pork
  - D. food items eaten by non-vegans
5. The main purpose of the last paragraph is to point out \_\_\_\_\_.
- A. the ways in which vegans may get all the essential nutrients
  - B. what nutrients are lacking in a vegan diet
  - C. the shortcomings of a vegan diet
  - D. how difficult it is to follow a strict diet
6. What benefits does a vegan enjoy by having a strict plant-based diet?
- I. a lower body weight
  - II. lower calorie intakes
  - III. a lower risk of most diseases
  - IV. a lower risk of cancer
- A. I and II
  - B. II and III
  - C. I, II and IV
  - D. all of the above
7. Which of the following is NOT true about veganism?
- A. It can be difficult to follow.
  - B. It is not entirely free of risks.
  - C. People who practise it need to take supplements on a daily basis.
  - D. People who practise it may need to make adjustments to their diet.

4 Grammatically, there is more than one possible answer. Choose the one that fits the context best.

7 Pay attention to the adjectives while reviewing the options.



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 encyclopedia entry. For question 1, answer in a complete sentence.

1 Note that it is what drives them to a meat-free diet.

1. What belief do some vegans and some vegetarians have in common?

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 2. Which of the following could be the best subheading for paragraph 2? Mark your answer with a tick (✓) in the appropriate box.

|                 |                          |                           |                          |                         |                          |
|-----------------|--------------------------|---------------------------|--------------------------|-------------------------|--------------------------|
| Vegans          | <input type="checkbox"/> | Belief & practice         | <input type="checkbox"/> | Defending animal rights | <input type="checkbox"/> |
| Non-vegetarians | <input type="checkbox"/> | Daily practice & subgroup | <input type="checkbox"/> |                         |                          |


3. Look for words in the encyclopedia entry to match the definitions below.

|       |                     |        |   |
|-------|---------------------|--------|---|
| (i)   | _____ (lines 1-13)  | (v.)   | marks the differences                         |
| (ii)  | _____ (lines 14-25) | (v.)   | intentionally avoid doing something enjoyable |
| (iii) | _____ (lines 26-36) | (v.)   | neglected                                     |
| (iv)  | _____ (lines 26-36) | (adj.) | workable                                      |

4. Match each of the following features with the group of people it most likely describes. Put the letters in the corresponding boxes.

|           |                |  |
|-----------|----------------|--|
| A. Vegans | B. Vegetarians | C. People who care about what they eat |
|-----------|----------------|--|

|  |                          |
|--|--------------------------|
| (i) They do not consume or use any kind of animal-related products.    | <input type="checkbox"/> |
| (ii) They consider carefully what to include in their meals.           | <input type="checkbox"/> |
| (iii) They do not eat meat but some of them consume foods like cheese. | <input type="checkbox"/> |

 5. In each statement, there is a wrong word. Underline it and write a word that expresses the correct idea in the right-hand column.

5 The amendment to the wrong word in each statement is not necessarily always a word of the opposite meaning.

|   |         |
|---|---------|
| (i) A number of vegetarians <u>resist</u> dairy products. | welcome |
| (ii) Non-vegans rarely have a higher BMI than vegans.     | _____   |
| (iii) Vegans skip as many nutrients as non-vegans do.     | _____   |
| (iv) Taking supplements is a must for vegans.             | _____   |

## Part C Vocabulary Bank

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

spinach

broccoli

Brussels sprout

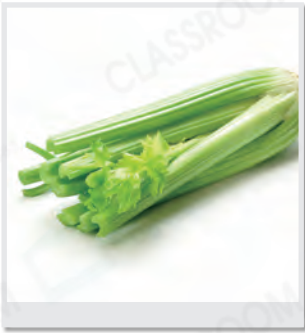
asparagus

kale

celery

coriander

sweet potato



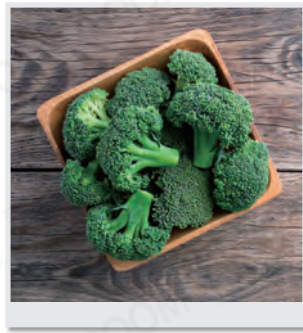
1. \_\_\_\_\_

\_\_\_\_\_



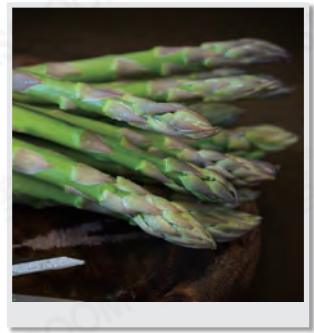
2. \_\_\_\_\_

\_\_\_\_\_



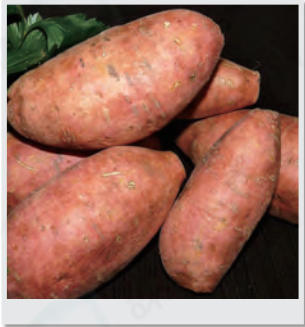
3. \_\_\_\_\_

\_\_\_\_\_



4. \_\_\_\_\_

\_\_\_\_\_



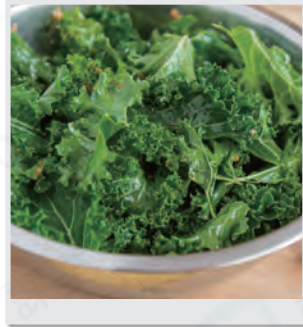
5. \_\_\_\_\_

\_\_\_\_\_



6. \_\_\_\_\_

\_\_\_\_\_



7. \_\_\_\_\_

\_\_\_\_\_



8. \_\_\_\_\_

\_\_\_\_\_

### Word Craft

It is common to find that **British English** and **American English** have entirely different words referring to the same foods:

#### British

coriander (Refer to the same page.)

chips

biscuit

aubergine

#### American

cilantro

fries

cookie

eggplant

### Let's Discuss!

1. Is there any food that you cannot live without?
2. Do you think it is a good idea to follow a vegan diet? Why or why not?