

PLANT-BASED MILK

(2ND MAY, 2022)

PLANT-BASED MILK BECOMING MORE POPULAR



Plant-based milks have been growing in popularity for the past decade. This is because more people are switching to vegan diets and foods that are more sustainably produced. A recent cause of people switching from dairy to plant-based alternatives is the global rise in the prices of foodstuffs. This has been exacerbated by Moscow's invasion of Ukraine. This has increased the costs of fertilizer and feed for cows. Many countries in Europe and Asia rely on Russia for over 50 per cent of their fertilizer supply. In addition, the supply of Ukrainian corn used to feed cows has almost dried up. The UK's National Farming Union has said fertilizer prices have risen fourfold and animal feed by 70 per cent.

The global plant-based milk market is projected to more than double in the next ten years. Experts have forecast a rise to \$53 billion in 2028 from \$22 billion in 2021. Consumers now have a dizzying array of plant-based milk options. Supermarket shelves are stocked with milk made from soy, almonds, coconuts, cashews, oats and more. In February, the world's first potato milk was launched. It is from a Swedish milk brand called Dug and is described as being "deliciously creamy". Dug is advertised as, "the most sustainable plant-based dairy alternative on the market". The dairy milk industry is defending its product. It is reminding people that dairy milk is rich in calcium, protein and vitamin D.

CHAT

PLANTS	1
UKRAINE	2
COW	3
SOY	4
COCONUT	5
DAIRY PRODUCTS	6
PLANT-BASED MILK	7

DISCUSSION

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'plant'?
3. What do you think of milk?
4. What nutritional value does milk have?
5. Why are more people turning to veganism?
6. What do you think of veganism?
7. What do you think of the rising prices of food?
8. What do you think of fertilizer?
9. How will the war in Ukraine affect food prices?
10. Is this a good or bad time to be a farmer?

SPECIAL POINTS OF INTEREST:

- Adverb + P.P
- -fold
- Adj + prepositions



RANKING

Rank these with your partner. Put the best dairy products at the top.

- Milk
- Butter
- Yoghurt
- Cream
- Cheese
- Ice cream

Write your reasons to explain:

1- _____

2- _____

3- _____

VOCABULARY (PARAGRAPH 1)

Supermarket shelves are stocked with milk made from soy, almonds, coconuts, cashews, oats and more.

- | | |
|----------------|---|
| 1) decade | A. Made a problem, bad situation, or negative feeling much worse. |
| 2) Sustainably | B. Four times as great or as numerous. |
| 3) Alternative | C. A period of ten years. |
| 4) Exacerbated | D. Of one or more things that are available as another choice. |
| 5) Invasion | E. In a way that can be continued at a certain rate or level. |
| 6) Fertilizer | F. The action of one country going into another country and attacking it with an armed force. |
| 7) Fourfold | G. A natural substance added to soil to make things grow better. |

VOCABULARY (PARAGRAPH 2)



- | | |
|-------------|---|
| 1) Project | A. A person who is very knowledgeable about a particular area. |
| 2) Expert | B. A feeling of confusion of not understanding the fact |
| 3) Dizzying | C. Economic activity concerned with the processing of raw materials |
| 4) Array | D. Estimated at some future event based on current trends. |
| 5) Stocked | E. Organic compounds that build our muscles |
| 6) Industry | F. Provided or filled with goods, items, or a supply of something. |
| 7) Protein | G. An impressive amount or range of a particular type of thing. |

WRITE YOUR OWN QUESTIONS!

STUDENT'S QUESTIONS



- (a) _____
- (b) _____
- (c) _____
- (d) _____
- (e) _____

ROLE PLAY

A recent cause of people switching from dairy to plant-based alternatives is the global rise in the prices of foodstuffs.

You think milk is the best dairy product. Tell the others three reasons why.

- 1 _____
- 2 _____
- 3 _____

You think butter is the best dairy product. Tell the others three reasons why.

- 1 _____
- 2 _____
- 3 _____

You think cheese is the best dairy product. Tell the others three reasons why.

- 1 _____
- 2 _____
- 3 _____



WRITE WHAT YOU HEAR!



Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words.

www.eshragh-ins.com

Plant

Plant an idea/doubt/suspicion in sb's mind

Potted — medicinal — poisonous — ornamental — aquatic — exotic

Milk

go off / turn sour — semi-skimmed — full-fat — low-fat — non-fat — pasteurized — homogenized — curdled — UHT (Ultra Heat Treatment)

It's no use crying over spilt milk

ESH RAGH INSTITUTE

"better be an old man's darling than a young man's slave ."

- Free dictionary



ESH RAGH INSTITUTE OF FOREIGN LANGUAGES
YOUR DOORWAY TO THE WORLD

WRITING

Write about **Plant-based milk** for 10 minutes.



ESH RAGH INSTITUTE
WWW.ESH RAGH-INS.COM