# SEMI-VEGANISM: A NEW YEAR RESOLUTION

# BY MARK BITTMAN

# Are doing more good and making more money among your resolutions? You have probably promised to eat better or simply “lose some weight.” The weight-loss 3obsession is both a national need and a neurotic urge. For instance, those last five pounds really do not matter, either cosmetically or medically.

# But most of us do need to eat “better.”If defining this improvement has become 6increasingly more difficult, the core of the answer is known to everyone: eat more plants. Interestingly, half the diet books in December focused on going gluten-free.

Veganism is no longer considered bizarre. For the record, vegans do not simply avoid meat. They evade animal products, dairy, eggs and even honey. We already 10love many vegan dishes, for example, we eat fruit salad. We crave for peanut butter and jelly. We dream about beans and rice, and we enjoy eggplant in garlic sauce. On the other hand, less-traditional vegan dishes are creative. They are both filling and interesting. They do not really represent a challenge to cook or enjoy. 14However, many of us face the problem that we grew up eating plates filled with a piece of an animal since we were kids.

My point here is to make semi-veganism work for you. Once a week, let bean burgers stand in for hamburgers. Second, leave the meat out of your pasta sauce. 18And third, make a risotto one of the likes which you have probably never had. Based on expert opinions, all these three may help you eat “better.”

These recipes do provide good outcomes eventually. All in all, do not take the addition of salt and pepper for granted. This is not a gimmick or even a diet. It’s a path, and the smart resolution might be to get on it.

# (adapted from “NO MEAT, NO DAIRY, NO PROBLEM” nytimes.com, December 29. 2011)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **1.** | Based on paragraph 1, we learn that losing weight is (-) | | | | | | |
|  | (i) | | important to stay healthy. | | | | |
|  | (ii) | | Just a fade what will disappear soon. | | | | |
|  | (iii) | | both a need and an urge. | | | | |
|  | (iv) | | a resolution for many people these days . | | | | |
|  | (9 points) | | | | | |  |
| **2.** | What do we learn from paragraph 2? | | | | | | |
|  | (i) | | We need to eat more plants. | | | | |
|  | (ii) | | Many people don’t like gluten. | | | | |
|  | (iii) | | Many books do not like to include gluten in their recipes. | | | | |
|  | (iv) | | In December, most diet books do not include gluten-based foods. | | | | |
|  | (9 points) | | | | | |  |
| **3.** | In paragraph 3, we learn that the word “**bizarre**” is closest in meaning to (-) | | | | | | |
|  | (i) | | ugly | | | | |
|  | (ii) | | strange | | | | |
|  | (iii) | | unpopular | | | | |
|  | (iv) | | tasteless | | | | |
|  | (9 points) | | | | | |  |
| **4.** | What else do vegans avoid besides meat? (paragraph 3) | | | | | | |
|  | Answer: …………………………………………………………………………. | | | | | | |
|  | (9 points) | | | | | |  |
| **5.** | These dishes are mentioned in paragraph 3, **except**: | | | | | | |
|  | (i) | | peanut butter and jelly | | | | |
|  | (ii) | | beans and rice | | | | |
|  | (iii) | | green salad | | | | |
|  | (iv) | | eggplant in garlic sauce | | | | |
|  | (9 points) | | | | | |  |
| **6.** | | PUT A ✓BY THE TWO CORRECT ANSWERS | | | | | |
|  | | Based on paragraph 3, what is said about less-traditional vegan dishes? | | | | | |
|  | | (i) | |  | They are costly to cook. | | |
|  | | (ii) | |  | They are both filling and interesting. | | |
| (iii) | |  | They are hard to cook. | | |
| (iv) | |  | They are popular among customers. | | |
| (v) | |  | They are creative. | | |
| (vi) | |  | They are a big challenge for restaurant owners. | | |
|  | | (2\*9=18 points) | | | |  | |
| **7.** | Paragraph 3 states a problem that most of us grew up with. Copy the words that show this | | | | | | |
|  | Answer: ……………………………………………………………………………. | | | | | | |
|  | (9 points) | | | | | |  |
| **8.** | According to paragraph 4, some ways of making semi-veganism work for most people are (-). | | | | | | |
|  | (i) | | peanut butter sandwiches standing in for regular sandwiches. | | | | |
|  | (ii) | | pasta sauce standing in for meat. | | | | |
|  | (iii) | | fruit salad standing in for pasta. | | | | |
|  | (iv) | | beans burgers standing in for hamburgers. | | | | |
|  | (9 points) | | | | | |  |
| **9.** | According to expert opinions, what do bean burgers, risotto, and pasta sauce with no meat do to your health? (paragraph 4) | | | | | | |
|  | Answer: …………………………………………………………………………… | | | | | | |
|  | (9 points) | | | | | |  |
| **10.** | According to the author of the reading, what does the reader of the article not have to take for granted? (paragraph 5) | | | | | | |
|  | Answer: …………………………………………………………………………… | | | | | | |
|  | (10 points) | | | | | |  |

**11. reference:**

**What do the following pronouns refere to?**

1. Your (line 1)\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. They (line 9)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. We (line 11)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. They (line 12)\_\_\_\_\_\_\_\_\_\_\_\_\_

**12- Vocabulary:**

**Write the meaning of the following words:**

**What parts of speech are the following words?**

**Complete the following table:**

|  |  |  |  |
| --- | --- | --- | --- |
| ***Word*** | ***Meaning*** | ***synonym*** | ***Antonym*** |
| 1. SEMI-VEGANISM |  |  |  |
| 1. resolutions |  |  |  |
| 1. lose |  |  |  |
| 1. loss |  |  |  |
| 1. obsession |  |  |  |
| 1. national |  |  |  |
| 1. cosmetically |  |  |  |
| 1. neurotic |  |  |  |
| 1. urge |  |  |  |
| 1. medically |  |  |  |
| 1. improvement |  |  |  |
| 1. increasingly |  |  |  |
| 1. core |  |  |  |
| 1. plants |  |  |  |
| 1. Interestingly |  |  |  |
| 1. gluten-free |  |  |  |
| 1. bizarre |  |  |  |
| 1. record |  |  |  |
| 1. avoid |  |  |  |
| 1. evade |  |  |  |
| 1. dairy |  |  |  |
| 1. crave |  |  |  |
| 1. peanut |  |  |  |
| 1. butter |  |  |  |
| 1. beans |  |  |  |
| 1. eggplant |  |  |  |
| 1. garlic |  |  |  |
| 1. traditional |  |  |  |
| 1. creative |  |  |  |
| 1. represent |  |  |  |
| 1. challenge |  |  |  |
| 1. plate |  |  |  |
| 1. expert |  |  |  |
| 1. opinion |  |  |  |
| ***Word*** | ***Meaning*** | ***synonym*** | ***Antonym*** |
| 1. recipe |  |  |  |
| 1. provide |  |  |  |
| 1. eventually |  |  |  |
| 1. pepper |  |  |  |
| 1. for granted |  |  |  |
| 1. gimmick |  |  |  |
| 1. path |  |  |  |

***2. Complete the following sentences using words from the above table:***

1. This cake is tasty. Can I get its \_\_\_\_\_\_\_\_\_\_\_\_\_\_?

2. The artist is so\_\_\_\_\_\_\_\_\_\_\_\_\_\_. I like his paintings.

3.My new year \_\_\_\_\_\_\_\_\_\_\_\_\_is to \_\_\_\_\_\_\_\_\_\_weight.

4.Ads are full of \_\_\_\_\_\_\_\_\_\_\_\_\_. Be careful.

5.David coks hot food. He puts too much\_\_\_\_\_\_\_\_\_\_\_ in it.

6.Sindy hates the smell of \_\_\_\_\_\_\_\_\_\_\_.

**Good Luck**

**Your English Teacher**

**Abeer Abu Akel**