

Are plant-based substitutes healthier than meat?



Listen to the full episode here: <https://bit.ly/446sqyi>

1. **Look at the cover image and title of the episode. What do you think this episode is about? What do you know about this topic already? What vocabulary do you associate with this topic?**
2. **Now listen to the first two minutes of the episode.**
 - What do the presenters say the episode is about?
 - What is this week's question? What do you think the answer is?
3. **Now listen to the whole episode. As you listen, write down the six items of vocabulary. What do they mean?**

a) Word/phrase: _____

It means: _____.

b) Word/phrase: _____

It means: _____.

c) Word/phrase: _____

It means: _____.

d) Word/phrase: _____

It means: _____.

e) Word/phrase: _____

It means: _____.

f) Word/phrase: _____

It means: _____.

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4. What did you learn that was surprising or new in this episode?

5. Answer the quiz questions. Listen again or use the transcript to help you.

1. Which food has been linked with diseases like diabetes and cancer?
 - a) tofu burgers
 - b) processed meat
 - c) plant-based sausages
2. Your 'gut reaction' is your opinion based on _____.
 - a) logic and reason
 - b) information and data
 - c) instinct and feeling
3. Which slang word means 'vegetarian'?
 - a) veggie
 - b) fruity
 - c) foodie
4. "It's sometimes said that dog owners _____ their pets".
 - a) assemble
 - b) resemble
 - c) dissemble
5. Which adjective is used to say that a person has done something for many years?
 - a) long-time
 - b) long-johns
 - c) long-lived
6. When could you use the phrase, 'as far as I am concerned'?
 - a) when giving your opinion
 - b) when making a request
 - c) when sharing your worries

6 Minute English worksheet

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6. Write your own sentences using the vocabulary.

7. Answer the following questions.

- What are three things you have learnt from this episode?
- How does this topic make you feel?
- Give three examples relevant to your life using the vocabulary.

6 Minute English worksheet

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Answers

3.

- a. banger – (slang) sausage
- b. gut reaction – opinion which is based on your initial feelings or instinct and cannot be explained logically
- c. as far as I am concerned – (phrase) used to indicate that you are giving your own opinion
- d. resemble – look or be similar to something
- e. veggie – (slang) a vegetarian, a person who doesn't eat meat
- f. long-time – used to say that someone has been or done a particular thing for many years

5. 1b, 2c, 3a, 4b, 5a, 6a

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Teacher's notes

This worksheet is standardised so that you can amend and use it as appropriate with your classes.

Some topics may be difficult for learners, especially those which could be upsetting or cause offence. Please be mindful of this when using this worksheet, and adapt it as necessary.

Extension activities

- Role-play an interview with an 'interviewer' and an 'expert' on this topic.
- Write a short story or article using the vocabulary from this episode.
- Read original articles on this topic.
- For homework: If it is available in your country, download and listen to the original podcast these extracts were taken from.