

## Vegetarians

Vegetarians do not eat meat or fish. They eat vegetables, fruit, leaf greens, nuts and grains like rice and flour.

In order to save animals, many people are becoming vegetarians. The research shows that vegetarians have lower chances of getting diseases than meat eaters. In addition, vegetarians are also helping environment and world starvation problem. This is because it takes less water, land and energy to grow plants and crops than raising animals.

### Match

research	hungry
	to death
disease	nature
	around us
environment	help
	grow
starvation	sickness
raise	study

### Well-balanced diet

Well-balanced diet means eating a variety of food. Eating only vegetables or only meat could cause malnutrition. Although it is said that people who eat meat has higher risk of getting illnesses than those who do not eat meat, lack of nutrition contained in meat could also cause health problems, because some vitamins can be taken more easily from meat than vegetables.



In order to avoid the risk of illnesses by eating meat, people can reduce the amount of meat to consume. In other words, eat less than eat-never. For example, one can eat meat only once or twice a week instead of eating it every day.

### Match

variety	have
malnutrition	make it less
risk	eat
lack	vitamins and minerals
nutrition	many different kinds
contain	not enough vitamins and minerals
avoid	not enough
reduce	problem
consume	try to stay away

**Check the ones that best matches with the questions.**

Article 1: Vegetarians

1. What is the reason for people to become vegetarians that is stated in the article?
  - a. People become vegetarians so that they can help animal that are sick.
  - b. Vegetarians try to reduce meat as food so as not to stay healthy.
  - c. People try to eat more vegetables to protect living creatures.
  
2. What benefits are there by people becoming vegetarians? (multiple answers)
  - a. People can stay healthy.
  - b. Vegetarians have lower chances of saving animals.
  - c. It can protect nature by using more water and land.
  - d. Vegetarians help save nature through less use of natural resources such as water and land.

## Article 2: Well-balanced diet

1. What could be caused by eating only vegetables or meat?
  - a. Not getting enough nutrition
  - b. Getting too much nutrition
  - c. Getting well-balanced diet
  
2. What happens if people do not eat meat?
  - a. They can help save the earth.
  - b. They have higher risk of getting sick.
  - c. They may not be able to get enough vitamins.
  
3. What does the article suggest to do in order to avoid the risk of illness by eating meat?
  - a. It suggests people to stop eating meat.
  - b. It suggests people to consume only a few days in a week than eating it all days.
  - c. It suggests people to reduce the amount of non-meat food.