



NAME: _____

SURNAME: _____

LEVEL: _____

DATE: / /

Task 1 – Long Reading

Read the following text about veganism and answer the 15 questions on the next page.

Veganism

Paragraph 1

Veganism is a way of living which tries to exclude any activity which harms living creatures for food, clothing or any other purpose. There's a version of veganism to suit everyone. One thing that all vegans have in common is that they eat a plant-based diet that avoids all animal foods such as meat, fish, shellfish, dairy, eggs and honey. Vegans also avoid products such as leather or anything that has been tested on animals.

Paragraph 2

Veganism has increased in popularity over the years. Thanks to an army of celebrity followers, veganism has now become glamorous. However, it's not just a celebrity trend. According to the Vegan society, the number of vegans in the UK has doubled in the last nine years from 150,000 to around 300,000. Last year, Veganuary, a campaign to get people eating vegan during January, was launched. There were approximately 3,300 participants last year, but this year 12,800 people took part, with 51 per cent planning to stay vegan after the month was up.

Paragraph 3

Vegans avoid hurting or exploiting animals for any purpose. A love of animals is a main reason that many people give for choosing a vegan lifestyle. From make-up and clothing to bathroom items, animal products are found in more places than you might expect. Nowadays, there are affordable and easily found animal-free alternatives to just about everything. Living a vegan lifestyle has never been easier.

Paragraph 4

Honey is probably the product most frequently mistaken as vegan-friendly. Honey is made by bees for bees and their health is sacrificed when it is taken by humans. Honey is the bee's single source of food during poorer weather and the winter months. When farmers remove honey from a hive they replace it with a sugar substitute which is significantly worse for the bees' health since it lacks the essential nutrients, fats and vitamins that the bees need. The bees then exhaust themselves by trying to replace the honey. This is considered to be an exploitation of bees and so is against the vegan belief of protecting wildlife.

Paragraph 5

The vegan way of life has always been controversial and there is some question over whether the benefits of such a diet outweigh any possible disadvantages. Research shows there are potentially many benefits to a vegan diet. However, this is more likely because people following a meat-free diet are aware of health issues and take care of their body and attempt to be as healthy as they can. Hand in hand with this situation is a possible risk of a lack of certain vitamins and nutrients when animal products are avoided. Therefore, it is dependent on people being sensible and having a balanced diet.

Questions 1-5

The text on the previous page has five paragraphs (1-5). Choose the best title for each paragraph from A-F below and write the letter (A-F) on the lines below. There is one title you don't need.

1. Paragraph 1
2. Paragraph 2
3. Paragraph 3
4. Paragraph 4
5. Paragraph 5

- A A fashionable lifestyle
- B The pros and cons of a meat-free diet
- C A sweet misunderstanding
- D What veganism is
- E Growing your own vegetables
- F Not just about diet

Questions 6-10

Choose the five statements from A-H below that are **TRUE** according to the information given in the text on the previous page. Write the letters of the **TRUE** statements on the lines below (in any order).

6.
7.
8.
9.
10.

- A Vegans do not eat any product taken from animals.
- B Almost all celebrities are now vegans.
- C The majority of people give up being vegans after January.
- D Vegans do not believe in keeping animals as pets.
- E Our modern lifestyle has made it easier to become a vegan.
- F Bees need honey to survive the winter.
- G Not everyone agrees that veganism is a healthy way of living.
- H Vegans are generally interested in being healthy.

Questions 11-15

Complete sentences 11-15 with a word, phrase or number from the text (maximum three words).

Write the word, phrase or number on the lines below.

11. Vegans will not buy anything that has been on animals.
12. Celebrity support has made the idea of veganism quite
13. Veganuary was to encourage people to try out veganism.
14. Farmers use a when they take honey from a hive.
15. Vegans may not have enough in their body to be healthy.