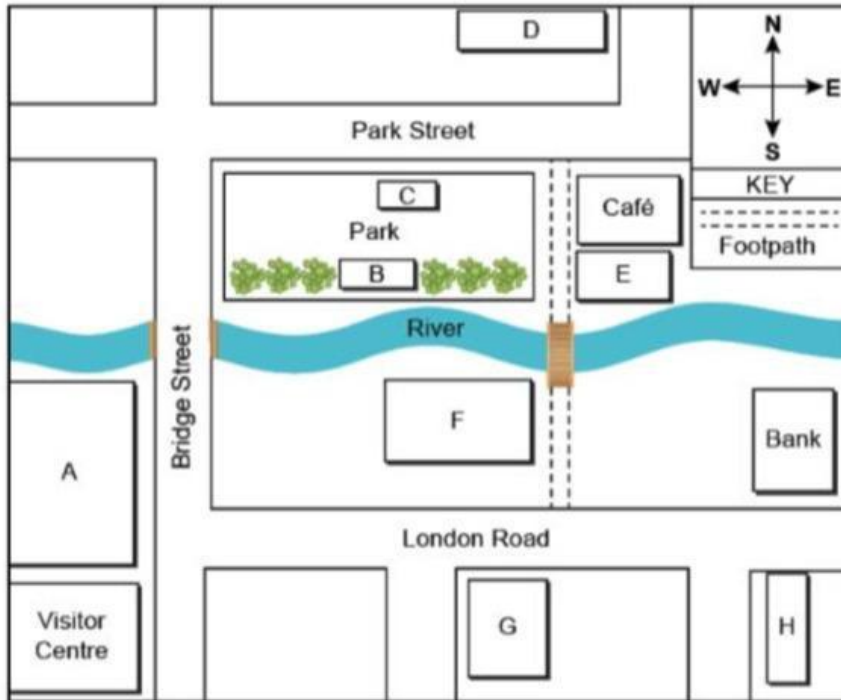


IELTS 4.0 - Mini-Test 1

Part I: Listening

Questions 1-5

Label the map below. Write the correct letter, **A-H**, next to questions 1-5.



1. Hotel _____
2. Shopping mall _____
3. Tom's Toy Shop _____
4. Skate Park _____
5. Rose garden _____

Part II: Reading

Questions 6-10

Read the passage and complete the summary below.

Choose **ONE WORD ONLY** from the passage for each answer.

PRACTICE MAKES PERFECT- ZAGEN

A Vegan Diet

6. A vegan diet lowers your risk of developing serious illnesses including heart disease and
7. Nowadays, supermarkets sell a variety of meat, including beef, chicken and even fish.
8. Plant-based meats are usually made from soy orwheat gluten, but can also be made using mushrooms and peas.
9. Vegan meats made with pulses such as beans and peas contain plenty of protein, complex carbohydrates and alsoThese all provide health benefits.
10. Unfortunately, some vegan meats contain high levels of sugar,and fat, making them an unhealthy choice.

---WHAT TO KNOW ABOUT VEGAN 'MEAT'---

A A vegan diet has many health benefits, such as reducing heart disease and diabetes, as well as helping with weight loss and increasing life expectancy. Plant-based diets are also better for the environment and animals and more and more people are choosing to go vegan. A few years ago, eating a vegan diet meant that you would become healthier as there weren't many processed vegan foods. However, as veganism increased in popularity, food manufacturers started to make many different options for plant-based meats or meat alternatives. Now, there are plant-based meat alternatives for beef, chicken and even fish. But are these plant-based meats healthy? How similar are they to regular animal meats? Read on to find out more.

B Most plant-based meats are made from soy and / or wheat gluten. These are both high in protein. Other common ingredients include peas and pea protein, lentils, beans, nuts and seeds, mushrooms and vegetables. Some plant-free products attempt to copy the texture and flavour of real meat. The idea is to make it easier to meat-eaters to accept them as a replacement for meat. There are lots of different types of plant-based meats. Some include few ingredients and are minimally processed. They use organic soy with other vegetables and are rich in protein and contain some fibre. Vegan meats made with pea protein and other beans are also rich in protein, fibre and complex carbohydrates.

C Plant-based options tend to contain less protein than meat and more carbohydrates. Also, plant-based meats do not naturally contain vitamin B12, a nutrient needed for energy production. Some plant-based meats are also high in salt, which is usually the main point argued by those who think plant-based meats are unhealthy. For example, a 2019 Australian study that compared plant-based meats and other meat alternatives reported that only 4% of products were low in salt. However, it is important to keep in mind that most animal meat products also contain a similar salt level.

D Plant-based meat has a number of positives for the planet. Plants require fewer environmental resources, like water and space which can be beneficial. Also, they help people switch from

eating meat by offering similar alternatives and allow animal lovers to feel good about eating, as no animals have to be killed.

E Scientists consider plant-based meats as processed foods. You can eat them as part of a healthy meal if you choose nutritious and low processed options, but you shouldn't eat them in large amounts. However, choosing natural vegan food is a healthier option, for example, lentils, tofu, beans, peas, vegetables, nuts, and seeds. These offer higher-quality protein and higher nutritional value without harmful additives.