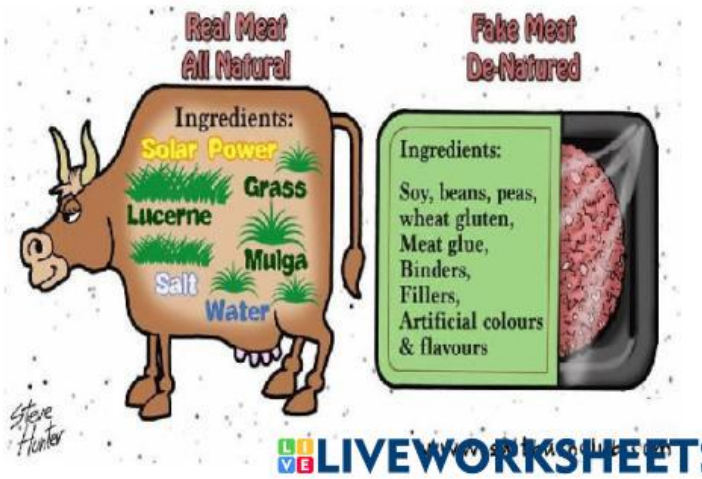
Watch the episode and fill out the gaps

1. Transforming plant molecules into something that resembles meat takes .....
2. One popular brand adds a beet ..... pigment that changes the patty's color as it cooks.
3. Farmed meat is a .....source of protein and nutrients for many people.
4. Plant-based meats, while containing just as much protein, calories, and iron as farmed meat, are highly processed and ..... high in sodium.
5. Plant-based meat alternatives also ..... to require far less land and water than farmed meat.
6. It also isn't clear to what degree alternative meats will reduce the environmental.....of the farmed meats industry.
7. And switching to meat alternatives doesn't have to be an all-or-nothing .....



LIVEWORKSHEETS