**EAP100 ELP: Starting your Research**

Complete the table below with notes from **ONE** article and **ONE** audio source related to your ELP.

**Article**

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| Source Information (author, title etc.) | What makes it a *relevant*, *credible* source? | Main points | Supporting evidence |
| Meat analogues: Health promising sustainable meat substitutes  [Pavan Kumar](https://www.tandfonline.com/author/Kumar,+Pavan) | Pawan Kumar was born on 29 October 1982 in Anantpur, Andhra Pradesh, India. He is a writer and producer, known for [Lucia (2013)](https://www.imdb.com/title/tt2358592/?ref_=nm_ov_bio_lk), [U Turn (2016)](https://www.imdb.com/title/tt5377564/?ref_=nm_ov_bio_lk) and [Dhoomam (2023)](https://www.imdb.com/title/tt22436062/?ref_=nm_ov_bio_lk). He has been married to Sowmya Jaganmurthy since 6 June 2010. They have one child. | The meat analogues, now is mainly the vegetable proteins,and in the future will be algae ,yeast,mushroom. | ). Meat analogues are the one of the best suitable method in which vegetable proteins and unconventional proteins can be introduced and the underlying impetus remains the utilization of a wider range of proteins for human food (Tombs, [Citation1974](https://www.tandfonline.com/doi/full/10.1080/10408398.2014.939739)). |

**Audio (lecture, podcast, documentary)**

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| Source Information (author, title etc.) | What makes it a *relevant*, *credible* source? | Main points | Supporting evidence |
| Which is better for you: "Real" meat or "fake" meat?  (Carolyn Beans)2023 | TED talks  a BA in English from Pennsylvania State University and a PhD in biology from the University of Virginia with a focus on plant ecology and evolution.  a BA in English from Pennsylvania State University and a PhD in biology from the University of Virginia with a focus on plant ecology and evolution. | Farmed meat,plant-based meat,lab-grown meat has different advantages. | Plant-based meat 90% less greenhouse gas emissions than amount of beef.  63% less than pork,51% less than poultry |