

PART I: VOCABULARY & PRONUNCIATION

PROEIN SOURCES FOR VEGANS

Protein-rich food	Health facts (per 100 grams)
 <p><i>Nuts and Almonds</i></p>	<ul style="list-style-type: none"> • Calories: 575 • Proteins: 22 grams • Carbs: 21g / *Sugar: 4g • Fat: 50 grams (8% saturated; 92% unsaturated) • Vitamins: B6 • Minerals: iron, calcium, potassium, magnesium.
 <p><i>Peas</i></p>	<ul style="list-style-type: none"> • Calories: 81 • Proteins: 5 grams • Carbs: 14g / *Sugar: 6 g • Fat: 0.4 grams (25% saturated; 75% unsaturated) • Vitamins: C and B6 • Minerals: potassium, iron and magnesium.
 <p><i>Lentils</i></p>	<ul style="list-style-type: none"> • Calories: 116 • Proteins: 9 grams • Carbs: 20 grams *Sugar: 1.8 grams • Fat: 0.4 grams (25% saturated; 75% unsaturated) • Vitamins: B6 • Minerals: iron and magnesium
 <p><i>Chickpeas</i></p>	<ul style="list-style-type: none"> • Calories: 364 • Proteins: 19 grams • Carbs: 61 grams *Sugar: 11 grams • Fat: 6 grams (10% saturated; 90% unsaturated) • Vitamins: C and B6 • Minerals: iron, potassium, calcium and magnesium.

PART II: VOCABULARY IN CONTEXT

Where do vegans get their proteins from?

"The term **"vegan"** is used to refer to any person who doesn't eat **animal meat** or anything related to animals like **eggs** or **dairy products**.

Vegans believe that they **lead a healthy lifestyle** **as** they avoid the risks of **saturated fats** in animal products. However, they need to find **plant-based** sources of **protein** in order to avoid the risks of **protein deficiency** on the other hand.



Luckily, vegans can **cover their needs** of protein from plant-based foods. **Nuts** and **legumes** like **almonds**, **peas**, **lentils** and **chickpeas** contain some amounts of protein. Therefore, they can be good **alternatives** to animal products. By eating enough of these on a regular basis, vegans **don't have to worry about** the risks of protein deficiency.

PART III: HOME PRACTICE

Task: Read the short text from PART II and answer the following questions:

1/ Who are vegans? →

2/ Are you a vegan? →

3/ Do vegans eat dairy products? →

4/ Do they lead a healthy lifestyle? Why? →

5/ What is the health risk of becoming a vegan? →

6/ How can vegans avoid protein deficiency?

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