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Hello, this is 6 minutes English. I’m Neil and I’m Katherine.

Katherine, are you flexitarian?

Oh no, I’m not really religious Neil

It’s not a religion. It’s diet. It means mainly eating plant-based food and only casually eating meat.

Oh I see. Sorry, well, I don’t eat too much meat so I’m kind of on the way of flexitarianism

Some people don’t eat meat for ethical reasons. That means that for them is wrong to eat meat. It’s wrong that animals should be killed for food. But one of the reasons for being flexitarian and only eating meat once in while is for the benefit of planet.

According to a recent report, being flexitarian is healthier for the individual. It can also help to fight climate change. Before we’re looking more detail in this topic, a question:

Do you like peppers, Katherine?

Yes, I do. That’s correct

Well, that’s not a quiz question but this is. All peppers are in the same food group. What group is this?

a. Pepper fruit

b. Vegetables

c. Or herbs

Any ideas?

This one sounds like a trick question but I think it’s obviously vegetables

Well, you will have to wait a bit to find out the answer later in the program.

Now doctor Springman is from the university of Oxford and was one of the lead authors of the major report. The book at the global food system and how it affects the climate. On the BBC today program, he talked about what changes would be needed. Does he mention just 1 thing?. We really found that a combination of measures should be needed to stay within environmental and those include changes to work healthier, more plant-based diets, technological improvement and changes in farming management and the reduction of food loss and waste so did he mention just 1 thing, Katherine?

No, not at all. He says that they would need to be a combination of measures which means a variety of different actions including moving to a plant-based diet, developing technology, changing the way we farm and wasting less food

He describes the need for ambitious technological improvement. Ambitious here means the development will have to be impressive above the ordinary not simple. Dr Springman was asked if we had to completely remove meat from the food that we eat to be healthy. What was his recommendations?

Well, we look real surveyed the literature on what a healthy diet is. According to that if you treated it as luxury probably be okay but you shouldn’t have more one serving of red meat

which include beef and pork per week. So the more plants-based you go the healthier the lower environment impact it would be … and lamb is just the same. Yes

So do we need to cut out meat entirely?

He said that why the plant-base diet is certainly healthier, you could still have some red meat but only once a week.

Yes he said think of it as a luxury. A luxury food is one that you really enjoy that don’t eat very often. Perhaps it’s very expensive or rare.

Or delicious but very bad for us. We eat it as treat but not every day. Springman says you should think of red meat in the same way. It shouldn’t be a regular part of our diet.

How did he come into this opinion? Did they make it up themselves because it sounds like a good idea. Not at all Neil. He said that they surveyed the literature. This means that it’s part of their report they studied different scientific research that previously have been published. Their advice is based on the evidence of those research paper.

Ok now the answer to our quiz question. I asked to what food group does peppers belong, was it

a) Fruit

b) Vegetable or

c) Herbs

Catherine you said.

I said b) vegetable.

Oh dear, good try but not right. Thank for playing.

The answer is a) fruit.

Fruit? Really

A fruit is the part of a plan that contains the seed. So peppers like tomato, pumpkins, avocados and olives are actually fruit. Well done if you got that one right. Now our vocabulary are first word is flexitarian – this is the term for diet but it mainly plant-based but can include meat occasionally.

Our next word is ethical. This is in the context of choosing not to eat meat. Some people are vegetarians because they don’t like meat. Some because they want a healthier diet and some for ethical region – this means that their choice is because their ability the right things to do.

The next phrase was a combination of measures. This means taking difference actions to achieve something not just doing one thing.

With then had ambitious, if a person ambitious it means they want to get on life and be successful but ambitious could also be to describe a plan or achievement which is impressive and above the ordinary. The next phrase was to survey the literature – it means to study and analyze the difference scientific research on a particular subject.

And finally we have luxury. When talking about food, a luxury is something that we only eat occasionally as special treat because it’s expensive or unhealthy but delicious.

Well, I offer plate of delicious vegetable. Please join us next time when you’re check us out on your favorite social media platform or our app and of course our website bbclearningenglish.com