

## Plant-based milk becoming more popular

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Plant-based milks have been growing in popularity for the past decade. This is because more people are switching to vegan diets and foods that are more sustainably produced. A recent cause of people switching from dairy to plant-based alternatives is the global rise in the

prices of foodstuffs. This has been exacerbated by Moscow's invasion of Ukraine. This has increased the costs of fertilizer and feed for cows. Many countries in Europe and Asia rely on Russia for over 50 per cent of their fertilizer supply. In addition, the supply of Ukrainian corn used to feed cows has almost dried up. The UK's National Farming Union has said fertilizer prices have risen fourfold and animal feed by 70 per cent.

The global plant-based milk market is projected to more than double in the next ten years. Experts have forecast a rise to \$53 billion in 2028 from \$22 billion in 2021. Consumers now have a dizzying array of plant-based milk options. Supermarket shelves are stocked with milk made from soy, almonds, coconuts, cashews, oats and more. In February, the world's first potato milk was launched. It is from a Swedish milk brand called Dug and is described as being "deliciously creamy". Dug is advertised as, "the most sustainable plant-based dairy alternative on the market". The dairy milk industry is defending its product. It is reminding people that dairy milk is rich in calcium, protein and vitamin D.

Sources: [insider.com](https://www.insider.com) / [thelist.com](https://www.thelist.com) / [bloomberg.com](https://www.bloomberg.com)

### Writing

Plant-based milk is better than dairy milk. Discuss.

### Chat

Talk about these words from the article.

plants / plant-based milk / vegan / dairy / foodstuffs / invasion / Ukraine / cows / global / experts / forecast / soy / coconuts / potato milk / creamy / sustainable

### True / False

- 1) The article says plant-based milk has been popular for decades. T / F
- 2) Rising food prices are causing people to switch to plant-based diets. T / F
- 3) Many Asian countries get over half of their fertilizer from Russia. T / F
- 4) Fertilizer prices have risen by 70%. T / F
- 5) The global plant-based milk market will treble by the end of the decade. T / F
- 6) Many milk products on supermarket shelves make people dizzy. T / F
- 7) A potato-based milk is being advertised as the creamiest in the world. T / F
- 8) The milk industry wants people to know how rich milk is in nutrients. T / F

### Synonym Match

(The words in **bold** are from the news article.)

- |                        |                |
|------------------------|----------------|
| 1. <b>switching</b>    | a. business    |
| 2. <b>alternatives</b> | b. depend      |
| 3. <b>exacerbated</b>  | c. forecast    |
| 4. <b>rely</b>         | d. range       |
| 5. <b>supply</b>       | e. substitutes |
| 6. <b>projected</b>    | f. introduced  |
| 7. <b>array</b>        | g. shifting    |
| 8. <b>launched</b>     | h. stock       |
| 9. <b>industry</b>     | i. packed with |
| 10. <b>rich in</b>     | j. worsened    |

### Discussion – Student A

- a) What do you think of milk?
- b) What nutritional value does milk have?
- c) Why are more people turning to veganism?
- d) What do you think of veganism?
- e) What do you think of the rising prices of food?
- f) What do you think of fertilizer?
- g) How will the war in Ukraine affect food prices?
- h) Is this a good or bad time to be a farmer?

## Phrase Match

- growing in popularity
- more people are switching
- This has been exacerbated
- countries in Europe and Asia rely
- fertilizer prices have
- a dizzying array
- Supermarket shelves are stocked
- the world's first potato milk
- deliciously
- milk is rich in calcium,
- creamy
- risen fourfold
- with milk
- to vegan diets
- protein and vitamin D
- on Russia
- was launched
- for the past decade
- of plant-based milk options
- by Moscow's invasion of Ukraine

## Discussion – Student B

- What do you think about what you read?
- What do you think of plan-based milk?
- What things definitely need dairy milk?
- What plant-based milk would you like to try?
- What do you think of the idea of potato milk?
- Are there any bad things about dairy milk?
- Is dairy milk the healthiest milk?
- What questions would you like to ask a dairy farmer?

## Spelling

- more saubtlaysni produced
- plant-based eernvlatisat
- This has been aeredtcbxa
- Moscow's nionavis of Ukraine
- 50 per cent of their rielrefitz supply
- prices have risen uldoforf
- epejctdro to more than double
- a zgniydiz array of plant-based milk options
- almonds, coconuts, ssahcwe, oats and more
- The dairy milk srdyinu
- dairy milk is rich in alcmicu
- pioent and vitamin D

### Answers – Synonym Match

1. g	2. e	3. j	4. b	5. h
6. c	7. d	8. f	9. a	10. i

## Role Play

### Role A – Milk

You think milk is the best dairy product. Tell the others three reasons why. Tell them what is wrong with their products. Also, tell the others which is the least useful of these (and why): butter, yoghurt or cheese.

### Role B – Butter

You think butter is the best dairy product. Tell the others three reasons why. Tell them what is wrong with their products. Also, tell the others which is the least useful of these (and why): milk, yoghurt or cheese.

### Role C – Yoghurt

You think yoghurt is the best dairy product. Tell the others three reasons why. Tell them what is wrong with their products. Also, tell the others which is the least useful of these (and why): butter, milk or cheese.

### Role D – Cheese

You think cheese is the best dairy product. Tell the others three reasons why. Tell them what is wrong with their products. Also, tell the others which is the least useful of these (and why): butter, yoghurt or milk.

## Speaking – Dairy

Rank these with your partner. Put the best dairy products at the top. Change partners often and share your rankings.

- Milk
- Butter
- Yoghurt
- Cream
- Cheese
- Ghee
- Ice cream
- Yakult

### Answers – True False

1 F	2 T	3 T	4 F	5 F	6 F	7 F	8 T
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Answers to Phrase Match and Spelling are in the text.