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**Level 0** – 21st September 2023

## Scientists find alternative to palm oil

FREE online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/2309/230921-palm-oil-palm-alt-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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# THE READING

From <https://breakingnewsenglish.com/2309/230921-palm-oil-palm-alt-0.html>

Palm oil is in half of the food we eat. However, making it damages the environment. Researchers think they have found an alternative to palm oil. It is called PALM-ALT. This is a plant-based oil that is better for the environment. It is also healthier. It has much less fat and 30% fewer calories than palm oil.

PALM-ALT could change how we make things. It is made from flowers and seeds, so we don't have to cut down trees. A researcher tested PALM-ALT. She said people could not tell the difference between PALM-ALT and traditional palm oil. She is hoping businesses will start using it instead of regular palm oil.

Sources: <https://www.bbc.com/news/uk-scotland-edinburgh-east-fife-66842496>  
<https://news.stv.tv/east-central/scottish-scientists-create-game-changing-palm-oil-alternative>  
<https://www.dailymail.co.uk/news/article-12532841/Scots-experts-develop-revolutionary-new-ingredient-replace-controversial-palm-oil-bakery-industry.html>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2309/230921-palm-oil-palm-alt-0.html>

## PARAGRAPH ONE:

- |                        |                       |
|------------------------|-----------------------|
| 1. Palm oil is in half | a. the environment    |
| 2. making it damages   | b. less fat           |
| 3. they have found     | c. based oil          |
| 4. a plant-            | d. than palm oil      |
| 5. better for          | e. an alternative     |
| 6. It is also          | f. of the food we eat |
| 7. It has much         | g. healthier          |
| 8. fewer calories      | h. the environment    |

## PARAGRAPH TWO:

- |                          |                        |
|--------------------------|------------------------|
| 1. change how            | a. trees               |
| 2. It is made from       | b. using it            |
| 3. we don't              | c. we make things      |
| 4. cut down              | d. of regular palm oil |
| 5. A researcher          | e. have to             |
| 6. people could not tell | f. tested PALM-ALT     |
| 7. businesses will start | g. flowers and seeds   |
| 8. instead               | h. the difference      |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2309/230921-palm-oil-palm-alt-0.html>

Palm oil is (1) \_\_\_\_\_ the food we eat. However,  
(2) \_\_\_\_\_ the environment. Researchers think  
(3) \_\_\_\_\_ an alternative to palm oil. It is called  
PALM-ALT. This is a (4) \_\_\_\_\_ that is better for  
the environment. It (5) \_\_\_\_\_. It has much less  
fat and 30% (6) \_\_\_\_\_ palm oil.

PALM-ALT (7) \_\_\_\_\_ we make things. It is made  
(8) \_\_\_\_\_ seeds, so we don't  
(9) \_\_\_\_\_ down trees. A researcher tested PALM-  
ALT. She said people could not (10) \_\_\_\_\_  
between PALM-ALT and (11) \_\_\_\_\_. She is hoping  
businesses will start using it (12) \_\_\_\_\_ palm oil.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2309/230921-palm-oil-palm-alt-0.html>

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# PALM OIL SURVEY

From <https://breakingnewsenglish.com/2309/230921-palm-oil-palm-alt-0.html>

Write five GOOD questions about palm oil in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

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## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

