Food of the Future B1

1. Introduction. Let's talk.

1. What is your everyday diet?

2. What do you like to eat?

3. Do you think you eat healthy food?

4. Do you enjoy trying different dishes from around the world?

2. Vocabulary practice. Match.

Look at the words below. Match the word with a correct definition.

____ 1. to research	a. damaging
____ 2. impact	b. insects
____ 3. crops	c. small piece of medicine that you swallow
____ 4. protein	d. chemicals used on plants that do not harm the plants, but kill insects
____ 5. mealworm	e. to take something to a person or place
____ 6. bugs	f. the smallest unit of life in the body
____ 7. processed food	g. straight up and down
____ 8. three-dimensional	h. to study a subject in detail in order to discover new facts
____ 9. to deliver	i. an effect or result
____ 10. pill	j. to make better
____ 11. algae	k. a very simple plant that grows in or near water
____ 12. harmful	l. kind of an insect
____ 13. cell	m. having the dimensions of height, width, and depth
____ 14. to improve	n. plants grown for food
____ 15. vertical	o. the surroundings or conditions in which a person, animal, or plant lives or operates
____ 16. pesticides	p. natural substances that exist in food such as meat, eggs, and beans, and which your body needs to grow
17. environment	q. food that has been canned, frozen, dried, or cooked

Food of the Future

trends and dishes

What will we be eating in 2050? And how will it be different from what we eat now? Will there still be pasta? And what about sushi? We asked a food expert what we can expect to see on our plates in the future.

1. **The Future of Food**

We spoke to Dr. Amy Bentley, professor of food studies at New York University, who has been researching food history for over 20 years. She told us that she thinks we'll be eating less meat in the future because of the environmental impact of farming animals for food. In fact, many experts believe that by 2050, most people will be vegetarian or vegan (they don't eat any animal products). This is because we will need more land for growing crops to feed the world's growing population.

2. Dr. Bentley also explained that in the future, we'll eat more insects. In fact, some people already do. 'Insects are very high in protein,' she said. 'They're also very easy to farm and they take up much less space than traditional farm animals.' Some chefs are already experimenting with insects, creating dishes like cricket tacos and mealworm ice cream. In the future, we might even buy insect-based snacks in the supermarket.

3. However, not everyone agrees that we'll all be eating bugs in the future. Another trend we might see is that people will eat less processed food. Processed food is food that has been changed in some way before we eat it - for example, bread, cheese or canned soup. Instead, we might eat more 'whole' foods - food that hasn't been changed much before we eat it - like vegetables, fruit, nuts and seeds. This is because many people are becoming more interested in their health and want to know exactly what they're eating.

4. So what will the dishes of the future look like? According to Dr. Bentley, they'll be very different from what we eat now. 'In 2050, our meals will probably look like something out of a science fiction movie,' she said. 'For example, we might eat food that's been made in a 3D printer.' A 3D printer is a machine that can create three-dimensional objects. Some chefs are already using 3D printers to make dishes like pasta and chocolate.

5. Another thing that could change is the way we cook our food. In the future, we might not use traditional cooking methods like boiling or frying. Instead, we might use new technology to prepare our meals. For example, some people think that we'll cook with lasers. This could mean that our food cooks much more quickly than it does now. Dr. Bentley also thinks that in the future, we'll be able to choose exactly what we want to eat and drink, and then have it delivered to us right away. 'Imagine if you could order a pizza and have it arrive at your house in just a few seconds,' she said. 'Or if you could take a pill that gives you all the nutrients you need for the day.'

6. Of course, no one knows exactly what we'll be eating in the future, but there are some trends that seem very likely. Here are five things we might see on our plates by 2050:

7. Algae

Algae are a type of plant that grows in water. They're very good for the environment because they produce oxygen and remove harmful carbon dioxide from the atmosphere. They're also very good for us because they're high in protein, vitamins and minerals. Some people already eat algae as a health food, but in the future, we might see it in lots of other products too, like bread, pasta and even ice cream.

8. Lab-grown meat

As we mentioned earlier, farming animals for food is very bad for the environment. That's why some scientists are trying to create meat in a lab. They take cells from an animal and then use them to grow more meat. The first lab-grown burger was made in 2013, but it was very expensive to produce (over $300,000!). However, the technology is improving all the time, so in the future, we might see lab-grown meat in our supermarkets.

9. Vertical farms

Vertical farms are a new way of growing crops that uses less space than traditional farming methods. Instead of growing plants in fields, they're grown in tall buildings. This means that we can produce much more food using less land. Vertical farms also use less water and don't need any pesticides, so they're better for the environment too. Some vertical farms are already being used to grow vegetables like lettuce and spinach, but in the future, we might see them growing other crops as well.

10. Insects

As we mentioned earlier, insects are very high in protein and easy to farm. They're also very good for the environment because they produce fewer greenhouse gases than traditional farm animals. In the future, we might see insects in lots of different products, like pasta, bread and even snacks like chips.

11. Plant-based 'meat'

In the future, we might see more plant-based products that look and taste like meat, but aren't actually made from animals. For example, some companies are already making burgers and sausages from plant proteins. These products are very similar to real meat, but they have a much smaller environmental impact. In the future, we might see plant-based 'meat' in lots of other dishes too, like pizza, tacos and even sushi.

3. Reading Read the text and decide if the statements are True or False.

1. Dr. Amy Bentley has been studying food history for more than two decades.
2. Many experts believe that by 2050, most people will still eat meat.
3. In the future, insect-based snacks might be available in supermarkets.
4. Another trend we might see is that people will eat more processed food.
5. Dr. Bentley believes that meals in 2050 will resemble scenes from a science fiction film.
6. In the future, we might still use traditional cooking methods like boiling or frying.
7. Dr. Bentley believes that in the future, we will have the ability to select our food and drinks and delivered immediately.

4. Questions Find the answers to the following questions:

1. Why do many experts believe that most people will be vegetarian or vegan by 2050?
2. What is one reason Dr. Bentley gave for why we might eat more insects in the future?
3. How might our cooking methods change in the future according to Dr. Bentley?
4. According to Dr. Bentley, what futuristic technology might be used to prepare meals in the future?
5. What are some potential trends in food consumption mentioned in the text besides eating bugs?
6. What are vertical farms and how are they different from traditional farming methods?
7. What is plant-based 'meat' and how does it differ from real meat?

5. Vocabulary practice

Read the text and put the words from the box into the context:

Food alternatives

impact harmful cells crops deliver bugs environment algae research protein pesticides pill health improve vertical trap

Have you ever thought about the food we eat and its possible _____ on our health and the _____ ? Today, more people are beginning to _____ sustainable ways to improve our diets. Some of the food we consume daily can be _____. Let's explore some alternatives.

One alternative is insects, specifically mealworms and other _____. They are high in _____, and farming them requires fewer resources than traditional _____. In fact, using bugs in our diets could significantly reduce the need for _____ and lower emissions.

Another interesting idea is the use of algae. Algae is not only nutritious but easy to grow in various environments. It has the potential to _____ essential nutrients without being _____ to the earth. _____ can even be grown in a _____ farm setting, further saving space and resources.

But what about processed food? Some scientists are turning to technology to create three-dimensional printed foods. These can be customized to meet specific dietary needs and even _____ the nutrition of meals. Imagine a _____ delivering all the nutrients you need in a day, though this idea seems futuristic, it might one day help address food scarcity.

Also, scientists are working on lab-grown _____ to produce meat without raising animals. This could change the way meat is consumed and produced globally.

While these alternatives are still being researched, they show promise in reducing the negative effects caused by conventional food production methods. The future of food may hold exciting potential for to improve our _____ and the planet. Whether it's insects, algae, or lab-grown cells, these innovations could soon become a standard part of our diets.

6. Context sentences: read carefully and put the words in context

1. I am _____ new information for my school project. I have tons of information to look through.
2. Pollution has a big _____ on the environment.
3. Farmers are growing _____ in the field.
4. Meat is a good source of _____ for your body.
5. _____ are a type of insects that some people eat.
6. Some people are scared of _____ like spiders and flies.
7. _____ food can be unhealthy if eaten too much.
8. In art class, we used clay to build a _____ model of our town so we could see every building from all sides.
9. My package was _____ to my house yesterday.
10. I had to take a _____ when I was sick.
11. _____ can grow in water and look like green plants.
12. Smoking cigarettes is _____ to your health.
13. Blood _____ help carry oxygen through your body.
14. Exercising regularly is _____ my physical health. I feel better every day.
15. _____ gardens can save space in urban areas.
16. Farmers use _____ to protect their crops from insects.
17. We need to protect the _____ for future generations.

7. Challenge text - read the text and put the words into the context

Are you ready to eat bugs?

Bugs are the food of the future. That's _____ (1) the United Nations said in a report in 2013. Bugs are high _____ (2) protein and low in fat, and they're good for the environment. The report says we should eat _____ (3) bugs because there will be nine billion people on the planet _____ (4) 2050 and there won't be enough meat.

But most people don't want to eat bugs. _____ (5) fact, many people think eating bugs is disgusting. So how can we get people to eat them? One company has an answer: make cricket flour.

Cricket flour is made from crickets. First, you dry the crickets and then you grind them _____ (6) a powder. You can use this powder to make cookies, bread, and other foods. The company says their products taste great and are very healthy too. They have _____ (7) of protein and vitamins, but no gluten or lactose. The idea of eating bugs seems strange to us, but it isn't strange for everyone. In some countries, people have _____ (8) eating bugs for hundreds of years. In Thailand, for example, you can buy fried bamboo worms and stir-fried water beetles. In Mexico, you can try ant eggs and grasshoppers _____ (9) chili and lime. And in Australia, you can find witchetty grubs, which are big, white larvae that live inside trees.

So how _____ (10) you? Would you like to try cricket flour cookies? Or maybe you prefer chocolate-covered ants? Some people say that bugs are the food of the future, but would you eat them now? Tell us what you think! There are over 1,900 different _____ (11) of insects that are safe for people to eat. These include beetles, caterpillars, bees, wasps, ants, crickets, and grasshoppers. Insects _____ (12) eaten in 80% of the world's countries. Insects are high in protein, healthy fats, vitamins and fiber. They also produce fewer greenhouse gases than cows and pigs.

The report also said: "Insects are everywhere and they reproduce quickly." The UN suggested _____ (13) we should eat more insects. It said: "They can be a good source of income for poor people." It added: "Insects are easy and cheap _____ (14) farm." However, many people think it is difficult to change Western attitudes to eating insects. The UN responded _____ (15) saying that we can make food products with insects. These can look and taste like other foods. Insects are already _____ (16) to make food colorings.

6. Discussion questions

1. Do you prefer processed food or whole food? Why? Can you give some examples from your daily life?
2. What do you think about the idea of using 3D printers to make food like pasta or chocolate? Would you like to try it?
3. Would you eat lab-grown meat? Why or why not? Do you think it's a good solution for the environment?
4. How would you feel if you could cook food using lasers or get meals in just a few seconds? Do you think that's a good or bad idea?
5. What do you think about vertical farms? Do you think it's a good way to grow food in cities?
6. Have you ever heard of algae as food? Would you try bread or ice cream made with algae?
7. Which of the five future foods (algae, lab-grown meat, vertical farms, insects, plant-based meat) do you think will be most popular in 2050? Why?
8. Do you think we will stop eating traditional foods like pasta and sushi in the future? Why or why not?
9. If you could design your perfect future meal, what would it be made of? Would it be cooked in a traditional or modern way?

Answer Key

2. Definition match - answer key

1h, 2i, 3n, 4p, 5l, 6b, 7q, 8m, 9e, 10c, 11k, 12a, 13f, 14j, 15g, 16d, 17o

3. Reading - True/False statements

1. True
2. False - The text states that most people will likely be vegetarian or vegan by 2050, indicating a decrease in meat consumption.
3. True
4. True
5. False (People will eat less processed food in the future.)
6. False (The author suggests that traditional cooking methods may be replaced by new technology in the future.)
7. True
8. True
9. True
10. False - The text states that the first lab-grown burger was very expensive to produce, not cheap.
11. False - The text explains that vertical farms use less space than traditional farming methods.
12. True

4. Questions: - answers

1. Many experts believe that most people will be vegetarian or vegan by 2050 due to the need for more land to grow crops to feed the growing population.
2. One reason Dr. Bentley gave for why we might eat more insects in the future is that insects are high in protein and easy to farm.
3. Our cooking methods might change in the future to possibly include using lasers instead of traditional methods like boiling or frying.
4. In the future, new technology such as lasers might be used to cook our food quickly.
5. Besides eating bugs, another potential trend in food consumption mentioned in the text is consuming less processed food and opting for whole foods.
6. Vertical farms are a new way of growing crops in tall buildings, using less space than traditional farming methods and requiring no pesticides.
7. Plant-based 'meat' is made from plant proteins but looks and tastes like real meat, offering a smaller environmental impact compared to animal-based meat.

5. Vocabulary practice

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Another interesting idea is the use of algae. Algae is not only nutritious but easy to grow in various environments. It has the potential to deliver essential nutrients without being harmful to the earth. Algae can even be grown in a vertical farm setting, further saving space and resources.

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Also, scientists are working on lab-grown cells to produce meat without raising animals. This could change the way meat is consumed and produced globally.

While these alternatives are still being researched, they show promise in reducing the negative effects caused by conventional food production methods. The future of food may hold exciting potential for to improve our health and the planet. Whether it's insects, algae, or lab-grown cells, these innovations could soon become a standard part of our diets.

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9. My package was delivered to my house yesterday.
10. I had to take a pill when I was sick.
11. Algae can grow in water and look like green plants.
12. Smoking cigarettes is harmful to your health.
13. Blood cells help carry oxygen through your body.
14. Exercising regularly is improving my physical health. I feel better every day.
15. Vertical gardens can save space in urban areas.
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The report also said: "Insects are everywhere and they reproduce quickly." The UN suggested that (13) we should eat more insects. It said: "They can be a good source of income for poor people." It added: "Insects are easy and cheap to (14) farm."

However, many people think it is difficult to change Western attitudes to eating insects. The UN responded by (15) saying that we can make food products with insects. These can look and taste like other foods. Insects are already used (16) to make food colorings.

Links to vocabulary exercises

Vocabulary review:

https://learningapps.org/watch?v=phsmpn2w225

https://learningapps.org/watch?v=pr23ci8fa25

https://learningapps.org/watch?v=p9qtt4xoj25

https://learningapps.org/watch?v=p53rs2amt25

Vocabulary set: quizlet

https://quizlet.com/pl/1051573243/food-of-the-future-b1-ingenious-articles-flash-cards/?i=9zbxk&x=1jqt

Context sentences - Quizlet: https://quizlet.com/pl/939850704/rooftopping-1a-speaking-b2-flash-cards/?i=9zbxk&x=1jqt

Ingenious Teachers

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Food of the Future B2

1. Introduction. Let's talk.

What are your favorite foods today? Do you think people will still eat them in the future?

·How do you think food has changed in the last 50 years?

·Why might food need to change in the future?

·What do you imagine "future food" will look like?

·Do you think technology will change the way we eat? How?

·What are some reasons people might need to find new kinds of food?

·Would you try something totally new if it was better for the planet?

·Do you think future food will be more natural or more artificial? Why?

2. Vocabulary practice. Categorize.

Look at the words below. Put them in the correct categories.

Foods that give you energy
Foods made from milk
Foods made from cereal plants
Foods that build muscles and support growth

Barley Beans Beef Bread Breadsticks Bulgur Butter Buttermilk Cereal Cheese Chicken Chickpeas Corn Cottage cheese Couscous Crackers Cream Eggs Fish Ice cream Lentils Milk Millet Oats Pancakes Pasta Potatoes Quinoa Rice Rye Sour cream Sweet potatoes Tofu Tortillas Wheat Yogurt

Dairy	Protein	Grains	Carbohydrates

3. Vocabulary practice. Read the article and find the words that match the following definitions.

_____ a. a substance added to soil to help plants grow

_____ b. to cause damage or injury

_____ c. serious or very bad

_____ d. a basic substance that plants need to live

_____ e. to give attention to something

_____ f. to influence or change something

_____ g. to help cause something

_____ h. not having enough food to be healthy

_____ i. not steady or secure

_____ j. the smallest parts of a living thing

_____ k. the amount people want or need something

_____ l. something that is equal in value or size

_____ m. different levels or sheets on top of each other

_____ n. able to continue without causing damage to the environment

Food of the Future

How We Can Eat Smarter and Save the Planet

Our planet is facing a big challenge: how to feed everyone as the population grows. At the same time, traditional farming and food production are **harming** the environment and making climate change worse. But new ideas and technologies could completely change what we eat and how we farm.

1. A Growing Problem: Feeding a Hungry World

The world's population is increasing rapidly, and this is creating a huge **demand for** food and water. Right now, producing food uses a lot of precious resources like water and land, and it also causes pollution and climate problems. Climate change is making farming harder, especially in hot places, and soil is disappearing faster than it can be replaced. If we don't find new solutions, there's a real risk that not everyone will have enough to eat in the future. In 2023, around 733 million people worldwide faced hunger, **equivalent** to 1 in 11 individuals. In Africa, the situation was even more **severe**, with 1 in 5 people **affected**. Experts warn that if current trends continue, about 582 million people will still be **undernourished** by 2030. Factors **contributing to** this crisis include climate change, conflicts, and economic **instability**. Additionally, over 2.8 billion people were unable to afford a healthy diet in 2022.

2. Plant-Based Proteins: A Greener Plate

Many scientists and companies are **focusing on** plant-based proteins. These come from cereals, legumes like beans and peas, and even from seaweed and algae. Plant-based foods often need less water and land than raising animals. For example, burgers made from beans or soy are already in many shops and restaurants, and they're popular with people who care about the planet.

3. Why Insects Could Be the Next Big Thing

Insects might sound strange as food, but in many countries, they're a normal part of the diet. Insects are full of protein and need much less land, water, and food to grow than cows or pigs. They're also better for the environment because they don't produce as many greenhouse gases. Eating bugs might seem unusual, but it could be an important part of future diets!

4. Lab-Grown Meat: The Future of Burgers?

Another exciting idea is lab-grown meat, also called cultured meat. This is made by growing animal **cells** in a lab instead of raising and killing animals. Scientists think it could use fewer resources and produce less pollution than traditional meat. The first lab-grown burger was made in 2013, and now more companies are working to make this kind of meat common in shops.

5. The Power of Seaweed and Microalgae

The ocean could also give us more food choices. Seaweed and microalgae grow very quickly and don't need much land or freshwater. They're full of protein, vitamins, and minerals. You might already see seaweed in sushi, but in the future, you could find it in many more foods, like snacks, soups, and even pasta!

6. Farming Smarter: High-Tech and Sustainable

Technology is changing farming too. Farmers can now use satellites, sensors, and computer data to know exactly how much water, **fertilizer**, or care their crops need. This "precision farming" saves resources and helps the environment. Urban farming—like growing food on city rooftops—also has a lot of potential.

7. 3D-Printed Meals: A Taste of Tomorrow

One of the most futuristic ideas is 3D food printing. This technology builds food in **layers**, so meals can be made in special shapes and with exactly the right **nutrients** for each person. It could help reduce food waste and let people create fun, healthy meals at home.

8. Everyone Has a Role: Making a Fairer Food System

Farmers, food companies, governments, and all of us as consumers have a part to play. Many farmers still live in poverty and need better tools and knowledge to farm in new ways. Shoppers can also help by choosing foods that are grown in ways that protect the planet. More and more people want to know where their food comes from and how it's made.

9. A Food Revolution is Coming

Big changes are already starting in how we produce and eat food. With new ideas and smart investments, we could create a world where everyone has enough healthy, safe, and sustainable food. We have the chance to build a better food future—so let's take it!

4. More vocab practice Fill in the blanks with the words from the article

1. Bad weather can _____ farmers' ability to grow food.
2. Climate change can _____ food shortages.
3. Farmers use _____ to help their plants grow better.
4. Fruits and vegetables have important _____ like vitamins and minerals.
5. Many children in poor countries are _____ because they do not get enough food.
6. One kilogram of beef requires the _____ amount of water as 15,000 liters.
7. Political _____ can make it hard to provide food to everyone.
8. Pollution can _____ the environment and wildlife.
9. Scientists _____ new ways to grow food without hurting the planet.
10. The drought caused _____ damage to crops this year.
11. The Earth's atmosphere has many _____ that protect us from the sun.
12. The human body is made up of billions of _____.
13. There is a high _____ for fresh water in dry _____ .
14. Using renewable energy is part of a _____ farming system.

5. Reading Read the text and decide if the statements are True or False.

1. Traditional agriculture contributes to environmental degradation and intensifies climate change.
2. By 2030, experts expect global hunger to be completely eliminated if current food production continues.
3. Plant-based proteins require more natural resources to produce than animal-based proteins.
4. Seaweed and algae are being explored as protein sources that require minimal land and freshwater.
5. Insects are a common source of protein in some cultures and are considered environmentally efficient.
6. Lab-grown meat is produced by genetically modifying animal DNA to create artificial meat.
7. The development of cultured meat aims to reduce the ethical and environmental issues linked to livestock farming.
8. Urban farming has little potential for large-scale food production and is mainly decorative.
9. Precision farming allows farmers to apply water and fertilizer more efficiently using advanced technology.
10. 3D food printing is only useful for producing fancy shapes and offers no nutritional benefits.
11. One benefit of 3D-printed food is the ability to tailor meals to individual dietary needs.
12. The future of food depends only on scientists and technology, not on consumer choices.
13. Greater transparency in food production is becoming increasingly important to modern consumers.
14. The article suggests that coordinated efforts across different sectors are essential to creating a sustainable food system.

6. Reading Read the text and find the answers to the following questions.

1. What problems are caused by traditional farming methods? How do they affect the environment?
2. Why are plant-based proteins better for the planet than animal-based ones?
3. The article says many people cannot afford a healthy diet. What are the main reasons for this problem?
4. Why might people be unsure or uncomfortable about eating insects, even if they are good for the environment?
5. How is lab-grown meat made, and why could it be a better choice than regular meat?
6. What are some reasons seaweed and algae are good future food options?
7. What does “precision farming” help farmers do? How does it make farming better?
8. How can 3D food printing help reduce food waste or improve nutrition?
9. How can normal people (consumers) help create a better food system? Give one or two ideas.
10. Why do more people care about how and where their food is made? What are they looking for?
11. What is urban farming, and why could it be useful in big cities?
12. What is the article’s main message about the future of food? Do you think these ideas can really work? Why or why not?

7. Context sentences: read carefully and put the words you studied into the sentences below.

1. Cutting down too many trees in a forest can _____ the animals that live there.
2. There is a high _____ skilled computer programmers in the job market right now.
3. Running five miles is _____ to burning about 500 calories for many people.
4. The car accident left him with _____ injuries that required immediate surgery.
5. Not getting enough sleep can _____ how well you concentrate in school.
6. Many children in the refugee camp are _____ and need better food.
7. Eating too much sugar can _____ health problems like diabetes.
8. The country has faced years of _____ due to changes in government.
9. In the meeting, we will _____ the new advertising campaign.
10. Red blood _____ carry oxygen from your lungs to the rest of your body.
11. The farmer spread natural _____ on the fields to help the crops grow.
12. The cake had three delicious _____ with cream and fruit in between.
13. Vegetables are rich in _____ that help keep your body healthy.
14. Using less plastic is one way to support a more _____ lifestyle.

5. Vocabulary practice

Read the text and put the words from the box into the context:

Health Systems Around the World

fertilizer	harming	cells	contributing	sustainable	instability	layers	demand
severe	undernourished	focusing	equivalent	affected	nutrients		

In many parts of the world, weak healthcare systems are _____ people's quality of life. There is a growing _____ for doctors, nurses, and medicine, but not every country can meet it. In fact, the number of hospital beds per person in some regions is not even _____ to the basic global average.

The situation is _____ in places where natural disasters or war have _____ hospitals and clinics. Millions of people remain _____ , which weakens the immune system and makes recovery harder. Poor sanitation and unsafe water are also _____ to illness and death.

Economic _____ makes it difficult to improve healthcare. However, many organizations are now focusing on training local health workers and improving facilities. Research in medical cells, like stem cells, offers hope for future treatments.

Doctors are also encouraging people to avoid overusing _____ on home gardens, as chemicals can pollute drinking water. Some clinics are built using eco-friendly materials in _____, which keep buildings cooler. Providing basic _____ through vitamin programs and creating _____ health systems can help millions live healthier lives.

7. Challenge text - read the text and put the words into the context

The Journey

When I moved _____ to my hometown after ten years abroad, I didn't expect to find it so different. The once green valley was now dry and dusty, the air hotter _____ I remembered. Locals told me the weather _____ changed, and farming was suffering. It was clear that climate change was harming ____ land. The demand for clean water had become intense. What used _____ be a small village with enough to share was now struggling. A local teacher explained that one broken pump affected several families — its loss was the equivalent of shutting _____ the only tap in town.

Children at the school looked tired and thin. The situation was more severe than I had imagined. Many _____ affected by poor diets and sickness, and some were clearly undernourished. I began volunteering _____ the community center, where we discussed the issues contributing _____ this crisis: crop failure, job loss, and economic instability.

I met Leila, a young woman focusing _____ creating change. She had started a small greenhouse using recycled materials. Inside, she was growing vegetables in vertical layers _____ save space and water. She explained how she added live cells from compost to enrich the soil naturally, instead _____ using chemical fertilizer.Together, we worked to add more layers of soil and protection to her growing beds. We tested different crops, learning which _____ offered the most nutrients for children in need. Her dream was to build a more sustainable food system—one that wouldn't disappear the next time the rain failed.Seeing her work gave _____ hope. The problems were real, but _____ was the power of one person trying to make _____ difference.

8. Discussion questions

1. Do you think people in your country would be open to eating insects or lab-grown meat? Why or why not?
2. What are some foods you eat that are already plant-based? Could you eat more of them instead of meat?
3. How do you feel about using technology like satellites or 3D printers in farming and cooking?
4. Would you be interested in trying a 3D-printed meal? What would you want it to look or taste like?
5. Can you imagine a future where most food is grown in cities or even in homes? What would that change in your daily life?
6. Would you prefer food made in a lab if it helps the planet, or do you prefer traditional food? Explain your opinion.
7. What small actions could you take to eat more sustainably in your daily life?
8. Who do you think has the most responsibility to improve the food system: farmers, companies, governments, or consumers? Why?
9. The article says that many people are undernourished or can't afford healthy food. What are some possible solutions to this problem?
10. Do you think changing the way we eat can really help fight climate change? Why or why not?

9. Podcast Listen to the podcast and find the information to the following questions:

1. What are the main environmental problems caused by intensive agriculture, as mentioned in the podcast?
2. Why is soil degradation a serious concern in the current food system?
3. How do fertilizers and pesticides contribute to water pollution?
4. What are “dead zones,” and where can they be found?
5. How many liters of water are needed to produce one kilogram of beef, according to the podcast?
6. What is the role of precision agriculture in solving food system issues?
7. How do plant-based and cultured meats compare to traditional meat in terms of environmental impact?
8. What is microbial food, and how is it produced?
9. What are the benefits of vertical farming mentioned in the discussion?
10. Why does the podcast say that technology alone isn’t enough to fix the food system?
11. What dietary shift is suggested as a way to reduce one’s environmental footprint?
12. How can individual food choices influence environmental issues such as soil health and climate?

10. Podcast Listen more closely and write the missing information:

Feeding everyone on the planet without destroying the environment is a major challenge. Our current food system causes huge problems — soil (1) _____, water pollution, and massive resource use, especially in (2) _____ farming. For example, one kilo of beef may use up to 15,000 litres of water.

And here's the paradox: even as we produce more food globally, about one (3)_____ of it is wasted. At the same time, over 800 million people still go (4)_____.So what's the solution? For example, it's new technology like (5)_____ agriculture, which uses GPS and data to apply water and fertilizer more precisely. It also mentions alternative (6) _____ plant-based and even lab-grown meat. Then there's (7) _____ in cities, which uses less land and water and reduces transport. But tech alone isn't enough. Behavioral and (8) _____ changes are key too — reducing food (9)_____, improving storage, and changing diets. Eating (10) _____ meat and dairy, especially in richer countries, is presented as a powerful way to lower environmental impact. The future of food depends on (11) _____ tech and better habits — from (12) _____ and from people like us.

Answer key

Dairy	**Protein**	**Grains**	**Carbohydrates**
Foods made from milk	Foods that build muscles and support growth	Foods made from cereal plants	Foods that give you energy
Milk			
Cheese	Chicken	Rice	Potatoes
Yogurt	Eggs	Oats	Bread
Butter	Fish	Wheat	Pasta
Cream	Beans	Cereal	Rice
Buttermilk	Tofu	Barley	Sweet potatoes
Sour cream	Lentils	Quinoa	Breadsticks
Cottage cheese	Beef	Bulgur	Crackers
Ice cream	Chickpeas	Couscous	Pancakes
			Tortillas

3. Vocabulary practice.

fertilizer a. a substance added to soil to help plants grow

to harm b. to cause damage or injury

severe c. serious or very bad

nutrients d. a basic substance that plants need to live

to focus on e. to give attention to something

to affect f. to influence or change something

to contribute to sth g. to help cause something

undernourished h. not having enough food to be healthy

instability i. the state of being not steady or secure

cells j. the smallest parts of a living thing

demand for k. the amount people want or need something

equivalent l. something that is equal in value or size

layers m. different levels or sheets on top of each other

sustainable n. able to continue without causing damage to the environment

Answer key

4. More vocab practice

1. affect
2. contributes to
3. fertilizers
4. nutrients
5. undernourished
6. equivalent
7. instability
8. harm
9. focus on
10. severe
11. layers
12. cells
13. demand
14. sustainable

5. True/False Comprehension Statements

1. True
2. False
3. False
4. True
5. True
6. False
7. True
8. False
9. True
10. False
11. True
12. False
13. True
14. True

6. How much do you remember?

1. · What problems are caused by traditional farming methods? How do they affect the environment?

👉 They use too much water and land, cause pollution, and make climate change worse.

2. · Why are plant-based proteins better for the planet than animal-based ones?

👉 They need less land and water to produce, and they create less pollution.

3. · The article says many people cannot afford a healthy diet. What are the main reasons for this problem?

👉 Climate change, wars/conflicts, and economic problems make food more expensive and harder to get.

4. · Why might people be unsure or uncomfortable about eating insects, even if they are good for the environment?

👉 Because eating insects feels unusual or strange in many cultures, even though it's normal in some countries.

6. How much do you remember?

5. · How is lab-grown meat made, and why could it be a better choice than regular meat?

👉 It is made from animal cells grown in a lab. It could use fewer resources and create less pollution than farming animals.

6. · What are some reasons seaweed and algae are good future food options?

👉 They grow fast, don't need land or freshwater, and are full of nutrients like protein and vitamins.

7. · What does "precision farming" help farmers do? How does it make farming better?

👉 It helps them use just the right amount of water, fertilizer, or care by using technology like satellites or sensors. This saves resources and protects the environment.

8. · How can 3D food printing help reduce food waste or improve nutrition?

👉 It can create meals with the exact nutrients a person needs and use food more efficiently, reducing waste.

9. · How can normal people (consumers) help create a better food system? Give one or two ideas.

👉 They can buy food that is grown in eco-friendly ways and learn where their food comes from.

10. · Why do more people care about how and where their food is made? What are they looking for?

👉 They want food that is healthy, safe, and made in ways that do not harm the planet.

11. · What is urban farming, and why could it be useful in big cities?

👉 It means growing food in cities, like on rooftops. It can bring fresh food closer to people and reduce transport pollution.

12. · What is the article's main message about the future of food? Do you think these ideas can really work? Why or why not?

👉 The article says we need new ways to grow and eat food to protect the planet and feed everyone. Yes, it could work if we use smart ideas and everyone helps.

7. Words in contexts – text 1

Text 2: Health Systems Around the World

In many parts of the world, weak healthcare systems are **harming** people's quality of life. There is a growing **demand** for doctors, nurses, and medicine, but not every country can meet it. In fact, the number of hospital beds per person in some regions is not even **equivalent** to the basic global average.

The situation is **severe** in places where natural disasters or war have **affected** hospitals and clinics. Millions of people remain **undernourished**, which weakens the immune system and makes recovery harder. Poor sanitation and unsafe water are also **contributing** to illness and death.

Economic **instability** makes it difficult to improve healthcare. However, many organizations are now **focusing** on training local health workers and improving facilities. Research in medical **cells**, like stem cells, offers hope for future treatments.

Doctors are also encouraging people to avoid overusing **fertilizer** on home gardens, as chemicals can pollute drinking water. Some clinics are built using eco-friendly materials in **layers**, which keep buildings cooler. Providing basic **nutrients** through vitamin programs and creating **sustainable** health systems can help millions live healthier lives.

A Journey Through Change - text 2

When I moved back to my hometown after ten years abroad, I didn't expect to find it so different. The once green valley was now dry and dusty, the air hotter than I remembered. Locals told me the weather had changed, and farming was suffering. It was clear that climate change was harming the land.

The demand for clean water had become intense. What used to be a small village with enough to share was now struggling. A local teacher explained that one broken pump affected several families—its loss was the equivalent of shutting off the only tap in town.

Children at the school looked tired and thin. The situation was more severe than I had imagined. Many were affected by poor diets and sickness, and some were clearly undernourished. I began volunteering at the community center, where we discussed the issues contributing to this crisis: crop failure, job loss, and economic instability.

I met Leila, a young woman focusing on creating change. She had started a small greenhouse using recycled materials. Inside, she was growing vegetables in vertical layers to save space and water. She explained how she added live cells from compost to enrich the soil naturally, instead of using chemical fertilizer.

Together, we worked to add more layers of soil and protection to her growing beds. We tested different crops, learning which ones offered the most nutrients for children in need. Her dream was to build a more sustainable food system—one that wouldn't disappear the next time the rain failed.

Seeing her work gave me hope. The problems were real, but so was the power of one person trying to make a difference.

Discussion questions

1. Do you think people in your country would be open to eating insects or lab-grown meat? Why or why not?
2. What are some foods you eat that are already plant-based? Could you eat more of them instead of meat?
3. How do you feel about using technology like satellites or 3D printers in farming and cooking?
4. Would you be interested in trying a 3D-printed meal? What would you want it to look or taste like?
5. Can you imagine a future where most food is grown in cities or even in homes? What would that change in your daily life?
6. Would you prefer food made in a lab if it helps the planet, or do you prefer traditional food? Explain your opinion.
7. What small actions could you take to eat more sustainably in your daily life?
8. Who do you think has the most responsibility to improve the food system: farmers, companies, governments, or consumers? Why?
9. The article says that many people are undernourished or can't afford healthy food. What are some possible solutions to this problem?
10. Do you think changing the way we eat can really help fight climate change? Why or why not?

Context sentences - vocab check - Gap-Fill Exercise

1. harm
2. demand
3. equivalent
4. severe
5. affected
6. undernourished
7. contribute to
8. instability
9. focus on
10. cells
11. fertilizer
12. layers
13. nutrients
14. sustainable

Podcast

1. What are the main environmental problems caused by intensive agriculture, as mentioned in the podcast?
→ Soil degradation, water pollution, overuse of resources (especially for livestock).
2. Why is soil degradation a serious concern in the current food system?
→ Because nutrients are being stripped from the soil faster than they can naturally regenerate, making the soil less fertile.
3. How do fertilizers and pesticides contribute to water pollution?
→ They run off into waterways, causing pollution and creating oxygen-deprived dead zones.
4. What are “dead zones,” and where can they be found?
→ Areas in lakes or oceans where there's so little oxygen that most life can't survive.
5. How many liters of water are needed to produce one kilogram of beef, according to the podcast?
→ Up to 15,000 liters.
6. What is the role of precision agriculture in solving food system issues?
→ It uses data, sensors, and GPS to give crops exactly what they need, reducing waste of water and fertilizers.
7. How do plant-based and cultured meats compare to traditional meat in terms of environmental impact?
→ They require less land and water and have a lower environmental impact.
8. What is microbial food, and how is it produced?
→ It’s made from microorganisms like bacteria or algae that consume inputs like CO_2 or electricity to produce protein.
9. What are the benefits of vertical farming mentioned in the discussion?
→ It uses less land and water, is closer to consumers (in cities), and reduces the need for long-distance transport.
10. Why does the podcast say that technology alone isn’t enough to fix the food system?
→ Because behavioral and systemic changes are also needed, such as reducing food waste and changing consumption habits.
11. What dietary shift is suggested as a way to reduce one’s environmental footprint?
→ Eating less meat and dairy.
12. How can individual food choices influence environmental issues such as soil health and climate?
→ Because what people eat affects land use, water use, and emissions — impacting soil, water quality, and the climate.

Listening Gap-Fill

1. degradation
2. livestock
3. third
4. hungry
5. precision
6. proteins
7. vertical farming
8. systemic
9. waste
10. less
11. combining
12. governments

Ingenious Teachers

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