

## LESSON 1 Is the Meat Real or Fake?

- ① Look at the picture above. // It looks like a delicious hamburger. // Actually, / the meat in the bun / is not real. // It is made from soybeans. //
- ② In recent years, / many companies have been competing / to develop substitutes for meats / such as beef, pork, and chicken. // As a result, / the meat substitutes now taste quite real. //
- ③ There are various reasons / why people choose meat substitutes. // Some want them for health reasons. // Others want them for ideological reasons. //
- ④ Another reason is to protect the environment. // Livestock farming generates large amounts of greenhouse gases. // By choosing meat substitutes, / people hope to reduce livestock numbers / and cut greenhouse gas emissions. //
- ⑤ Meat substitutes are also good for food security. // By 2050, / the world's population will reach 10 billion. // Meat substitutes will help to feed these people. //
- ⑥ At present, / switching from real meat to meat substitutes / is not easy. // Some of them contain a lot of salt and additives, / so they are not necessarily healthier / than real meat. // Moreover, / manufacturing costs are high, / so meat substitutes are expensive. // These problems, / however, / may be solved in the near future. //