

Functional Skills Level 1 ENGLISH

Paper 1 Reading

Insert

The three sources that follow are:

Source A: a leaflet about becoming vegan

Source B: an extract from an interview with a vegan

Source C: a recipe for vegan brownies

**Please open the Insert fully
to see all three sources**



Source A

There are now more than one million vegans in Britain, about 70% of them female.

According to research from the University of Oxford, going vegan is the “single biggest way” to reduce your impact on the planet. But if you are a life-long meat-eater, it can be hard to know how.

These tips can help you get started.

Slow and steady

Some people go vegan in one go but it doesn't matter how long it takes. Start by making small modifications to your diet. For example, swap cow's milk for oat milk. All plant-based milks have fewer calories than cow's milk. You can also replace things like mayonnaise or yoghurt with alternatives.

Or change one meal per day – ditch the bacon and eggs and eat a vegan breakfast every day. Try this for your first week then add in daily vegan lunches, and so on. Or just try it for two or three days a week.

Do it right

Vegans can get ample protein through tasty foodstuffs like nuts, beans and lentils. Make sure you get enough vitamins and calcium by eating a good variety of plant foods. You will need to get Vitamin B12 in tablet form.

Don't give up

If you are resolute, living as a vegan will become a natural way of life. There are plenty of support groups, many online, and a growing number of vegan recipes available.

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Remember why you've chosen to make this change: the planet and every animal on it will thank you.

Source B

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Source C

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END OF SOURCES

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**Open out this page to see
Source B and Source C**

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