

1. Read the passage and decide if the following statements are TRUE, FALSE or NOT MENTIONED.

- a) More and more people are becoming vegan.
- b) A vegetable diet can increase the risk of nutrient deficiency.
- c) Following a vegan diet costs too much to afford.
- d) 80/10/10 is one of the most common vegan diets.
- e) Vegan people tend to lack Vitamin C.
- f) Vegan people tend to have an unhealthy kidney.
- g) Vegan diets increase the risk of heart attacks.

2. Summarize the most common vegan diets and their concepts in the box below.

a)		
b)		
c)		