

**1. Read the text and fill in the blanks.**

- a) One reason to become a vegetarian is to ..... the environment.
- b) You can find all the necessary vitamins and ..... in a good vegetarian diet.
- c) You don't have to eat ..... to get protein.
- d) An orange can give you enough ..... that you can get in a glass of milk.
- e) ..... diseases and cancer can be a result of eating too much meat.
- f) You can get enough ..... in dried beans and nuts.

**2. Read the text again and write an appropriate title for it.**

**3. Would you like to become a vegetarian? Why? Why not?**

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