
词汇: *milk* 牛奶

Milk, it comes from cows, right? Well, not all the milk you see on supermarket shelves is from an **udder**. These days we see many **plant-based** alternatives to **dairy**, such as **oat**, pea and **soya** milk. But why would someone stop drinking their **full-fat**, **semi-skimmed** or **skimmed** cow's milk and trade it for one of these?

There are many reasons someone might try alternative milks. Some people believe the alternatives are healthier than milk from cows. Those with **lactose intolerance** or thinking about becoming **vegan** might start drinking alternative milks. Also, concerns about the impact of dairy farming on the environment could be a factor. Whatever the reason, there are many alternatives to dairy out there for us to **consume**. But what are the differences between these other options and regular cow's milk?

Soya milk is one common alternative. According to some sources, such as healthline.com, it contains a similar amount of **protein** to regular milk. It is also lower in **calories** than some cow's milk, which could be good for those on a diet, and often comes **fortified** with things like **calcium** and various **vitamins**. So, all good? Well, soya is a common **allergen**, and according to foodallergy.org, is one of the nine foods which cause the majority of allergic reactions.

Almond milk is a low-calorie, **low-fat** drink and is naturally lactose free and has a slight **nutty** taste. When **unsweetened**, it also has lower levels of carbohydrates and sugars than some dairy options. However, even when fortified, it doesn't provide the levels of protein seen in soya or regular milk. Then there's **coconut milk**, which is low in calories and may not affect people with nut allergies as much as other options, but is lacking in protein.

Whichever plant-based milk you choose, there are positives and negatives. Dieticians agree the most important thing is getting a healthy balanced diet which won't trigger any allergies and comes with all the minerals and vitamins you need. And at the end of the day, it may just come down to which one you think tastes better.

词汇表

udder	(动物的) 乳房
plant-based	仅用植物的
dairy	乳制品
oat	燕麦
soya	大豆
full-fat	全脂的
semi-skimmed	半脱脂的
skimmed	全脱脂的
lactose intolerance	乳糖不耐受
vegan	严格素食主义者
consume	吃, 喝
protein	蛋白质
calorie	卡路里
fortified	添加了
calcium	钙
vitamin	维生素
allergen	过敏原
almond milk	杏仁奶
low-fat	低脂肪的
nutty	坚果口味的
unsweetened	未加糖的
coconut milk	椰子汁

测验与练习

1. 阅读课文并回答问题。

1. Why might some people have to swap dairy milk for alternatives?
2. How is soya milk similar to dairy milk?
3. What are the potential negatives of soya milk?
4. True or false? *When unsweetened, almond milk has the same levels of sugars as dairy milk.*
5. What is the most important thing when considering which milk to drink?

2. 选择意思恰当的单词或词组来完成下列句子。

1. The dietician suggested I increase the amount of _____ I eat.

lactose intolerance	consume	allergen	protein
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2. First thing in the morning, I love a coffee with _____.

allergen	unsweetened	carbohydrates	almond milk
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3. How many _____ are in this meal?

calories	nutty	fortified	protein
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4. I take tablets to make sure I get all the _____ I need.

whole milk	nutty	vitamins	unsweetened
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5. Let us know if you have any _____ and I'll inform the chef.

nutty	allergies	vitamins	cappuccino
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答案

1. 阅读课文并回答问题。

1. Why might some people have to swap dairy milk for alternatives?

They might change from dairy thinking the alternatives could be healthier. Those with lactose intolerance or thinking about becoming vegan might start drinking alternative milks.

2. How is soya milk similar to dairy milk?

According to some sources, such as healthline.com, it contains a similar amount of protein to regular milk.

3. What are the potential negatives of soya milk?

It is a common allergen, and is one of the nine foods which cause the majority of reactions.

4. True or false? *When unsweetened, almond milk has the same levels of sugars as dairy milk.*

False. When unsweetened, almond milk has lower levels of sugars than dairy milk.

5. What is the most important thing when considering which milk to drink?

The most important thing is getting a healthy balanced diet which won't trigger any allergies and comes with all the minerals and vitamins you need.

2. 选择意思恰当的单词或词组来完成下列句子。

1. The dietician suggested I increase the amount of **protein** I eat.

2. First thing in the morning, I love a coffee with **almond milk**.

3. How many **calories** are in this meal?

4. I take tablets to make sure I get all the **vitamins** I need.

5. Let us know if you have any **allergies** and I'll inform the chef.