

Directions: *There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A), B), C) and D). You should decide on the best choice and mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.*

Passage Two

Questions 51 to 55 are based on the following passage.

Plant-based meats are coming soon to a dinner table near you, but do they deserve a spot on your plate? If you tried a vegetable burger years ago and dismissed it as rubbery and flavorless, it's a good time to give meatless meat another chance. Newer varieties imitate the look, flavor, and texture of meat. Analysts don't expect the meat-free movement to slow anytime soon; a 2021 report predicts the market will skyrocket to \$74 billion by 2030—a 957 percent surge.

Plant-based meats are no longer just for vegetarians. Companies such as Impossible Foods and Beyond Meat—the current superstars of the alternative protein sector—are pursuing consumers who enjoy meat but want to reduce their meat consumption for animal rights, health, or environmental reasons. So far, it's a winning strategy: More than nine out of ten consumers who buy Beyond Burger and Impossible Foods products also eat meat.

Many vegetarians don't actually care for food that resembles meat. When reporter Joan Solsman, a longtime vegetarian, tried a dish from Impossible Foods, she felt so sick that she couldn't finish it. "Maybe the best sign that Impossible Foods has cracked the code to realistic fake meat is that I couldn't stand to take another bite," she wrote.

Meatless meats are generally a healthier choice than beef because they are cholesterol-free, plus they're a good source of vitamins, minerals, protein, and fiber.

If meatless meat can help you stick to a plant-based diet, that in itself can lead to better health. Not only has red meat been linked to cancer, but studies show that people who ditch meat have lower blood pressure, lower average blood sugar, and lower cholesterol levels.

However, just because it's plant-based doesn't mean it's health food. Most imitation meats are highly processed and contain high amounts of sodium(钠) compared to traditional beef.

These new generations of alternate meat get all the attention, but don't forget about whole grains and vegetables. Beans are an especially excellent protein substitute. They're nutritious, inexpensive, and far more sustainable than any of the processed meatless substitutes on the market today.

51. What can we expect of plant-based meats?

- A) An increasing interest in their analyses.
- B) An enormous effort in their promotion.
- C) A huge boost in their consumption.
- D) A noticeable surge in their varieties.

52. What do we learn about consumers buying Beyond Burger and Impossible Foods products?
- A) They are mostly non-vegetarians.
 - B) They are mostly animal-rights advocates.
 - C) Most of them refrain from eating meat for health reasons.
 - D) Most of them eat meatless meat to protect the environment.
53. What can we conclude about Impossible Foods' products from Joan Solsman's remark?
- A) They more often appeal to meat-eaters.
 - B) They very much resemble animal meat.
 - C) Some have become its signature dishes.
 - D) Most of them are sold as true fake meat.
54. Why can the habit of eating a plant-based diet lead to better health?
- A) It frees people from any known link to cancer.
 - B) It provides all the nutrients for staying healthy.
 - C) It helps maintain normal blood pressure and blood sugar.
 - D) It reduces various health risks posed by meat consumption.
55. What does the author recommend we eat at the end of the passage?
- A) Naturally produced foods.
 - B) Processed protein substitutes.
 - C) Red meats like traditional beef.
 - D) New generations of alternate meat.