

CROSSROADS

CROSSROADS Language Studio's Newsletter February, 2023

plant milk

The past decade or so has seen a rise in environmentally conscious attitudes of young people, especially those from generation Z. Among many industries that have to adapt their goods and services to new audiences, the dairy industry is one that feels the wind of change. Dairy products consumption is slowly declining among teens and the mid-20's, but most importantly, this social demographic chooses more sustainable and healthier alternatives, namely plant-derived milk products.

Non-dairy milk is, of course, not a new invention, as it has featured in many cultures and geographical regions, since the 13th century where cow's milk was not easily accessible and where lactose intolerance was more prevalent.



Since plant-based milks have to compete with natural milk in order to be an attractive option, they need to draw in potential customers with specific attributes such as a milk-like taste and texture, nutritional value and, increasingly, a positive environmental impact from their production.

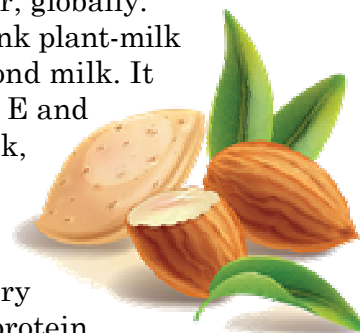
The traditional milk industry is fighting tooth-and-nail to maintain a hold of the market, but growing scientific evidence points to undeniable facts that regular consumption of dairy products leads to chronic diseases, lactose intolerance and certain cancers.

The latest plant milk products achieve consumer desired characteristics, such as a frothy, creamy texture and an attractive taste.

Depending on the type of plant used, these milks naturally contain many essential nutrients, similar to those found in natural milk, and offer a low-calorie, zero-cholesterol beverage.

The most popular non-dairy milk around the world is an oat-milk. It's rich in vitamins, minerals and antioxidants, while being low in fat and containing no cholesterol. Its popularity has grown year-on-year, globally.

The second most drunk plant-milk in the world is an almond milk. It contains more vitamin E and calcium than cow's milk, it is low in fat and is proven to reduce the risk of heart disease.



Soy milk is also a very popular offering. The protein content is similar to dairy, but its production causes less than one third of the pollution cow-milk does. Soy is nutrient-rich and is nutritionally similar to low-fat cow's milk, providing essential amino acids, protein, and a good balance of carbohydrates and fats.

Many of these milks tick the boxes of sustainability and have a low impact on the environment. In recent years, countries like Australia, with support from their governments, invest heavily in the industry, promoting healthier dairy milk alternatives, not only in the form of milk, but also cheeses and ice-creams. The current trends show that people are willing to make environmentally-friendly compromises, except when it comes to taste. And the future of plant-based products looks very optimistic, indeed.

Article by Marek

Net News

NET LESSONS: Too busy to come to CROSSROADS?

.... Try our *lessons on the net!*

For more details, please visit:

<https://onehome.org.uk/topics/food-and-drink/diet/what-are-the-different-types-of-plant-milks/>

Some Thoughts for the Month



Joshua Says: For many people, translation software seems to be offering a way towards the future when it comes to “international communication.” However, I have always doubted that it will ever be able to truly take the place of true verbal contact. Just recently, I read of a new development in this field. Scientists are now working on translation devices that will make it possible for people to talk with... animals! And you know, I think they might be onto something useful for a change.

Junko Says: If you wish to improve your vocabulary, one of the best ways to do so is to read books suited to your level and interests, We are soon going to categorize the English books in our small library by levels. Each book will have a color-oded sticker on it according to its level. You can borrow these books anytime you want, or free. Just contact me in the office.



Marek Says: In keeping with the subject of the newsletter, let's mention a dairy product that is particularly difficult to substitute: the mighty cheese. While certain manufacturers have successfully cooked up delicious vegan choices of spreadable cheeses – like feta, ricotta and cream cheese – making a worthy alternative to an aged gouda or cheddar proves to be a challenge. However, companies specializing in non-dairy products continue to invent and perfect their recipes and eventually we'll be able to transition to healthier indulgences.

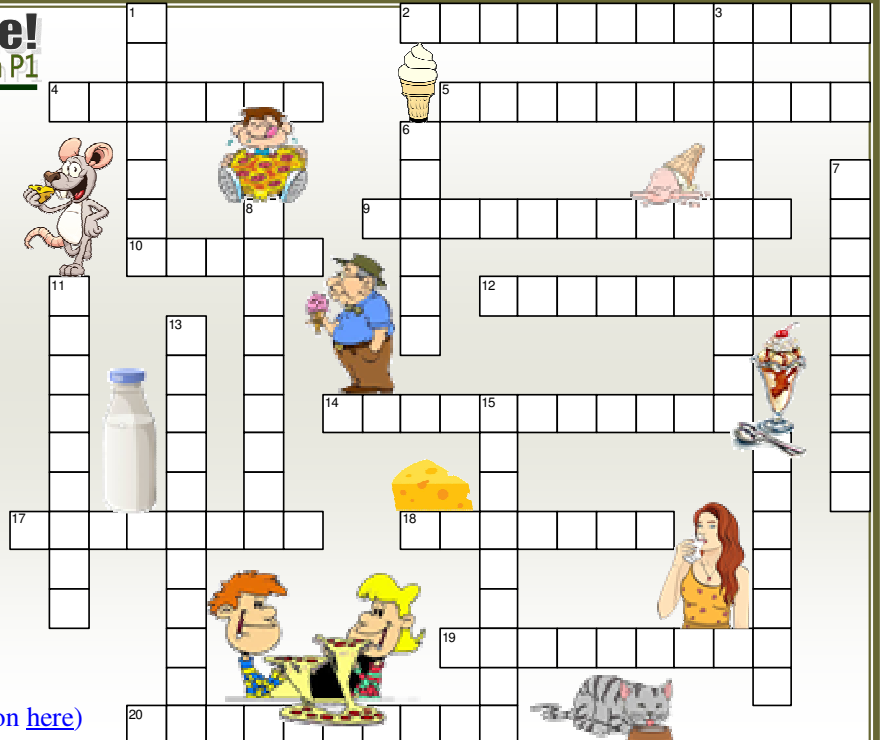
Mandcy dit: Chaque année, en janvier et en février, nous, les français mangeons beaucoup, vraiment beaucoup de gâteau. Il y a Noël, puis Nouvel-an, ensuite la galette des rois, la chandeleur et ses délicieuses crêpes et enfin, le carnaval et ses beignets. Après avoir tant manger, le constat est simple. Nous sommes GROS. Alors, il est temps de commencer le carême. Traditionnellement, c'est un régime de 40 jours. On ne mange ni viande, ni gâteaux, ni oeufs. Seulement du poisson. Et on ne boit ni alcool, ni champagne. Personnellement, j'ai trop mangé. Donc, je trouve que c'est le moment idéal pour faire un petit régime. Mais, je ne peux pas vivre 40 jours, sans manger de gâteaux !!!! Alors, je vais le faire une ou deux semaines, c'est suffisant ! Et vous ? Avez-vous pris du poids à cause des fêtes?



- ACROSS**
- 2 possible choices
 - 4 in the present time
 - 5 the process of eating
 - 9 agreements between two sides
 - 10 referring to milk products
 - 12 not possible to contradict
 - 14 providing nourishment
 - 17 liquid suitable for drinking
 - 18 long-lasting and recurrent suffering
 - 19 give energy and build tissue in animals
 - 20 easily obtained
- DOWN**
- 1 formed or developed from
 - 3 unwilling to accept
 - 6 bubbly, foam-like
 - 7 absolutely necessary
 - 8 trying to sell or give support to
 - 11 most common
 - 13 a statistic relating to human population
 - 15 a quality or characteristic of something
 - 16 a sugar contained in milk
- [\(print version here\)](#)

Play A Game!

Find the answers on P1



Let's take a look at some more idioms. This time featuring dairy products.

It is no use crying over spilled milk, move on and try to learn from your mistake.

- a) Don't worry about anything and try to study harder to avoid making mistakes.
- b) Don't worry about the mistake, it happened and it cannot be undone.
- c) Don't slip on the spilled milk, move away and start cleaning up the mess.



We can talk about this 'till the cows come home, but it will have no effect.

- a) We should wait for the cows to come back to the barn and then repair the barn door.
- b) There is nothing to gain by just continually talking about the problem.
- c) We need to prepare the barn before the cows return, so let's talk about it.



This movie is so cheesy I can't watch it anymore.

- a) This movie is unoriginal, a cheaply made cliché, and I don't find it interesting to watch at all.
- b) This movie is making me so hungry, I'm going outside to get a cheeseburger.
- c) This movie is only about cheese, can't we watch something else?



This French restaurant is the cream of the crop in my town.

- a) This restaurant uses the best local dairy and crop produce for their dishes.
- b) This is the absolute best French restaurants in my town.
- c) Of all the French restaurants in my town, this one serves the best cream pies.

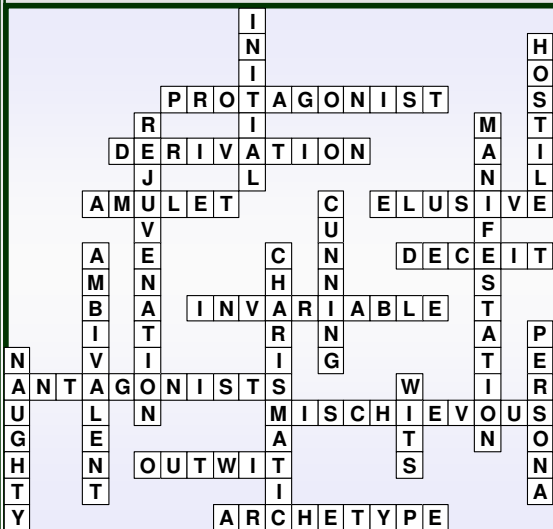
When he invested in that company, he never expected it to turn out to be a cash cow.

- a) He didn't know the company was in the dairy business when he bought shares in it.
- b) He invested a lot of money in a company that breeds cattle for the dairy industry.
- c) He invested in a company that has become a great financial success.



George is really cheesed off about what you said.

- a) George is very upset about some of the comments you made yesterday.
- b) George took your advice and is never going to eat cheese again.
- c) George was instructed not to bring cheese sandwiches to the meeting.



Last Month's puzzle Solution

ACROSS

- 3 the main character in a work of fiction
- 6 coming from the source or origin
- 7 jewelry worn for protection
- 9 difficult to catch
- 12 misleading, fraudulent
- 13 without any change
- 16 rivals, enemies
- 18 playfully annoying
- 19 be smarter than
- 20 original model

DOWN

- 1 at the beginning, first
- 2 unfriendly, an enemy
- 4 restoring to a youthful condition
- 5 clear appearance
- 8 skillful, deceptive
- 10 uncertain which way to proceed
- 11 very charming and attractive
- 14 surface personality
- 15 bad behavior
- 17 clever, intelligent thinking



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