

READING COMPREHENSION

1. Organic milk 'higher in vitamins'

Drinking organic milk has more health benefits than drinking non-organic, a study has suggested.

The research was presented to the Soil Association's Annual Conference in Newcastle.

It showed organic milk has higher levels of vitamin E, omega 3 essential fatty acids and antioxidants, which help beat infections.

But nutritionists said people who drank non-organic milk would be getting these nutrients from other sources.

The research was carried out by a team from the Danish Institute of Agricultural Research, which is part of the University of Newcastle's Quality Low Input Food (QLIF) Congress.

Milk was tested from cows that were farmed organically and conventionally.

The study found organically farmed cows produced milk which was, on average, 50% higher in Vitamin E than conventionally produced milk.

Organic milk was also 75% higher in beta carotene, which is converted into Vitamin A in the body. It was also two to three times higher in the antioxidants.

Higher levels of omega 3 essential fatty acids were also found in organic milk.

The study concluded that drinking a pint of organic milk a day would provide 17.5% of the required daily intake of Vitamin E for women, and 14% of that for men.

Jill Eisberg, chief executive of The Dairy Council called the research “an interesting new development for the dairy industry”. But she added: “For any cow, if the feed is modified this will come through in the milk produced - this is not unique to milk produced by organically farmed cows.”

Dr Anne Nugent, of the British Nutrition Foundation, said: "It is important to note that there were no differences highlighted between the two milks for some of the major nutrients that milk provides, such as calcium and vitamin B12.

“It is important to encourage people to continue to consume milk and milk products - whether they choose organic or regular milk will be a matter of personal preference and choice.”

She added: “The main dietary sources of vitamin E are fat spreads; for beta carotene it is fruit and vegetables, and for omega 3 fats cereals and fish.”

Task 1

Read the text and complete the table with your notes based on the text with no more than 4-5 words, according to the example (0).

	NOTES	MARKING BOX	
		1.	2.
<i>place of the scientific conference where the study about organic milk was presented</i>	0. Newcastle	✓	✓
name of the scientific conference where the study was presented	1.		
name of the organization where the experiment was done	2.		
nutrients that were found in higher quantities in organic milk compared to non-organic milk	3.		
	4.		
	5.		
	6.		
natural sources of omega 3 fatty acids	7.		
	8.		
nutrients that didn't show any significant differences in organic and in non-organic milk	9.		
	10.		
SCORE			

Task 2

Read the text again and use it to decide if the statements are true (T) or false (F). Write your answers in the table below according to the example (0). *Please note that if all your answers are marked as true or as false, your answers will be disqualified.*

STATEMENTS	TRUE OR FALSE	MARKING BOX	
		1.	2.
0. Vitamin E can be found only in milk and milk products.		✓	✓
11. The main sources of beta-carotene (besides milk) are fruits and vegetables.			
12. The experiment was conducted with cows which were kept only under organic conditions.			
13. According to the representative of BNF the consumption of any type of milk – whether organic or non-organic – is important.			
14. Organic milk is 75 % higher in vitamin A than non-organic milk.			
15. Men and women need different amounts of vitamin E.			
SCORE			

Tanulmányozza a megadott táblázatot, és az elkezdett mondatokat fejezze be a táblázat adatai alapján, a példa (0) szerint kb. 50-80 szóval!

Table 2: Number of organic producers in selected EU countries, by country, 2013–14

	Organic producers		Change 2013–14 (%)
	2013	2014	
EU-28 (*)	251 922	257 124	2.1
Hungary	1,560	1,682	7.8
Malta	12	9	-25.0
Austria	21,843	21,863	0.1
Romania	15,280	14,553	-4.8
Slovenia	2,680	3,045	13.6
Slovakia	362	343	-5.2
United Kingdom	4,273	3,908	-8.5

(*) Aggregate for EU-28 in 2013 does not include Ireland or Luxembourg.
 Source: Eurostat (online data code: org_coptyp)

0. I can see a **table**.

1. The table shows.....
2. The source of the table
3. The first column
4. The second column
5. The last column
6. An upward movement can be seen
7. Hungary
8. The United Kingdom.....
9. There was a sharp fall
10. There was a sudden growth

Fordítás

Meet the futuristic farmer growing vegetables vertically in Georgia

When people think of the future, they often envision a world of advanced technology and dwindling natural resources. Many imagine humans travelling to Mars and even dream of growing plants on the rocky planet.

These ideas seem a long way off, but to Tusya Garibashvili, the future is already here. In 2018, the agricultural entrepreneur co-founded 'Space Farms', an innovative project based in Tbilisi, Georgia.

"Space Farms is an indoor vertical farm. Our facility grows vegetables across approximately 150 square metres. However, the growing area is only 60 square metres, as we cultivate vertically," Tusya tells Scenes.

"Vertical farming can help us grow more vegetables with less space, less water, and zero pesticides," says Tusya. "We save water by recycling it. After filtration, the water is reincorporated back into the system. So, we use 80% less water than traditional farms," she adds.

Forrás:

[Meet the futuristic farmer growing vegetables vertically in Georgia | Euronews](#)

READING COMPREHENSION**1. Organic milk****Task 1**

Name of the scientific conference where the study was presented	1. Soil Association's Annual Conference
Name of the organization where the experiment was done	2. Danish Institute of Agricultural research / QLIF
nutrients that were found in higher quantities in organic milk compared to non-organic milk	3. vitamin E 4. beta-carotene 5. omega 3 essential fatty acids 6. antioxidants
Natural sources of omega 3 fatty acids	7. cereals 8. fish
nutrients that didn't show any significant difference in organic and in non-organic milk	9. calcium 10. vitamin B12

Task 2

STATEMENTS	TRUE OR FALSE
<i>0. Vitamin E can be found only in milk and milk products.</i>	<i>F</i>
11. The main sources of beta-carotene (besides milk) are fruits and vegetables.	T
12. The experiment was conducted with cows which were kept only under organic conditions.	F
13. According to the representative of BNF the consumption of any type of milk – whether organic or non-organic – is important.	T
14. Organic milk is 75 % higher in vitamin A than non-organic milk.	F
15. Men and women need different amounts of vitamin E.	T

Egy lehetséges mintamegoldás:

Alapfok

*0.I can see a **table**.*

1.The table shows **the number of organic producers in some European countries, including Hungary**

2.The source of the table **is Eurostat online.**

3.The first column **gives the names of 7 countries.**

4.The second column **shows the number of producers from 2013 and 2014.**

5.The last column **shows the change in 1 year, in percentages.**

6.An upward movement can be seen **in 3 countries.**

7.Hungary **is among these 3 countries with the second biggest growth rate.**

8.The United Kingdom **has a moderate decrease with 8.5%.**

9.There was a sharp fall **in Malta in 2013.**

10. There was a sudden growth **in Slovenia in the given year.**

62 szó

(Mintafordítás)

Találkozás a vertikális növénytermesztéssel foglalkozó grúz futurista farmerral/gazdálkodóval/gazdával

Amikor az emberek a jövőre gondolnak, gyakran egy olyan világot képzelnek el, amelyet a fejlett technológia és a szűkülő természeti erőforrások jellemeznek. Sokan azt képzelik, hogy a Marsra utaznak, sőt még arról is álmodoznak, hogy növényeket termesztenek a sziklás bolygón.

Ezek az ötletek távolinak tűnnek, azonban Tusya Garibashvili számára a jövő már itt van. A mezőgazdasági vállalkozó 2018-ban egy másik társával együtt megalapította a 'Space Farms' ('Ürfarm') elnevezésű innovatív projektjét a grúziai Tbilisziben.

“A Space Farm egy beltéri vertikális farm, amely megközelítőleg 150 négyzetméteren foglalkozik növénytermesztéssel. A termesztés csupán 60 négyzetméteren történik, mivel függőlegesen termesztjük a növényeket” – nyilatkozta Tusya a Scenes-nek.

“A vertikális termesztés lehetővé teszi számunkra, hogy több zöldséget kisebb helyen, kevesebb víz felhasználásával növényvédőszerrel nélkül termesszünk” – fűzte hozzá Tusya. “Az újrahasznosítás révén vizet spórolunk: szűrés után a víz visszakerül a rendszerbe. Ezáltal 80%-kal kevesebb vizet használunk, mint a hagyományos farmok.” – tette hozzá Tusya Garibashvili.