

- 1 Read Text 1, an extract from the body of a student essay about vegetarianism. Decide which one of the following essay questions is not an appropriate title. Give reasons.
- To what extent is a vegetarian diet as nutritious as an omnivorous diet?
 - Is a vegetarian diet healthy?
 - Discuss the extent to which a vegetarian diet is healthy. Refer to at least three sources.
 - Compare and evaluate people's attitudes towards vegetarian diets across different cultures.
 - 'A vegetarian diet is a nutritious diet.' Discuss.

TEXT 1

Vegetarian diets have become popular in some cultures today. Arguably the most controversial issues in vegetarianism are health and nutrition. Not everyone agrees that a vegetarian diet is healthy. A healthy, balanced diet needs to include essential nutrients including protein, vitamins, and minerals. Therefore the question is whether a vegetarian diet can provide all these. For example, vitamin B12, which is found mainly in meat, has been identified as being problematic for vegetarians. It has been argued that ¹..... (Truswell, 2003, p.39). There is, however, widespread agreement on certain health benefits of a vegetarian diet, particularly that ²..... (Truswell & Mann, 2007, p.302; Langley, 1995, p.18). Truswell & Mann (ibid) also explain that ³..... Langley (1995, p.18) stresses that ⁴..... This finding suggests that vegetarian diets are healthier, because high levels of saturated fat can cause CHD. One further area of agreement, concerning body weight, is that ⁵..... (Geissler & Powers, 2011, p.361). A person's weight is significant because low body weight can cause certain illnesses. These characteristics of potential nutritional deficiency, reduced CHD risk, and lighter body weight, can have both negative and beneficial effects, which are discussed in the next paragraph.

References

Geissler, C. A. & Powers, H. J. (Eds). (2011). *Human Nutrition* (12th ed.). Edinburgh: Churchill Livingstone.
 Langley, G. (1995). *Vegan Nutrition* (2nd ed.). St Leonards-on-Sea: The Vegan Society.
 Truswell, A. S. (2003). *ABC of Nutrition* (4th ed.). London: BMJ Books.
 Truswell, A. S. & Mann, J. (Eds). (2007). *Essentials of Human Nutrition* (3rd ed.). Oxford: Oxford University Press.

2. Complete the citations in Text 1 with the following phrases

- vegetarians and vegans weigh less than omnivores
- there is no strong reason why a vegetarian diet should be deficient in vitamin B12, but vegans are 'at risk' of B12 deficiency, as well as the essential mineral calcium
- this lower rate of CHD in vegetarians could be due to lower levels of saturated fat in their diets
- vegetarians are less likely to suffer from CHD than meat-eaters
- diets high in animal protein are also high in saturated fat

3. Find in the text sentences introducing citation.

- 1.
- 2.
- 3.
- 4.
- 5.

4. Transform the first sentence using the beginnings.

- Trustwell (2003, p.39) argues that...
- There has been...

5. Now transform the remaining sentences, so that all variations: *author+verb/ impersonal "it" / "there"+be+noun phrase* are used.

2a

2b

3a

3b

4a

4b

5a

5b

6. Reporting verbs in citing: Complete the table with the reporting verbs below according to similarity of meaning

discuss state indicate point out speculate on highlight believe
stress feel argue demonstrate illustrate

say	talk about	think	emphasize	show	suggest

Write six example sentences using a selection of the verbs above

HOMEWORK:

- a) Complete the text below with words made from the ones on the margin
- b) Paraphrase the sentences in the grammar revision exercise

Plagiarism

Plagiarism (from the Latin *plagiare*, "to kidnap") is the practice of claiming, or implying, original authorship of (or incorporating material from) someone else's written or creative work, in whole or in part, into one's own without adequate **1)**_____. Unlike cases of forgery, in which the **2)**_____ of the writing, document, or some other kind of object, itself is in question, plagiarism is concerned with the issue of false attribution. Plagiarism can also occur **3)**_____; in some cultures certain forms of plagiarism are accepted because the concept can be interpreted differently.

ACKNOWLEDGE
AUTHENTIC

CONSCIOUS

Within academia, plagiarism by students, professors, or researchers is considered academic **4)**_____ or academic fraud. Some individuals caught plagiarizing in academic contexts claim that they plagiarized **5)**_____, by failing to include quotations or give the appropriate citation. While plagiarism in scholarship and journalism has a centuries-old history, the **6)**_____ of the Internet, where articles appear as electronic text, has made the physical act of copying the work of others much easier, simply by copying and pasting text from one web page to another.

HONEST

INTENTION

DEVELOP

In the academic world, plagiarism by students is a very serious offense that can result in punishments such as a failing grade on the particular **7)**_____ (typically at the high school level) or a failing grade for the course (typically at the college or university level).

ASSIGN

Repetition in student projects or paper topics between academic terms and years provides students with ample resources from which to plagiarize. Many students feel pressured to get papers done well and quickly, and with the **8)**_____ of new technology (The Internet) it is quite possible for students to plagiarize by copying and pasting information from another source. This type of plagiarism is often easily detected by teachers, for several reasons. First, students' choice of sources is frequently **9)**_____ as well; instructors may receive the same passage copied from a popular source (such as Wikipedia) from several students. Second, it is often easy to tell whether or not a student is using his or her own "voice." Third, students may choose sources which are **10)**_____, off-topic, or even wrong. Fourth, many universities now use plagiarism detection software.

ACCESS

ORIGIN

PROPER

Sources:

Chazal, E. & S. McCarter (2012) *Oxford EAP*, Oxford University Press
 "Plagiarism" – prepared by Složilová Eva, materials for JAC04 course