

3. Find in the text sentences introducing citation.

1. ***It has been argued that*** 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 (*Trustwell, 2003, p.39*).

2. ***There is, however, widespread agreement on*** certain health benefits of a vegetarian diet, particularly that vegetarians are less likely to suffer from CHD than meat-eaters (*Trustwell & Mann, 2007, p.302; Langley, 1995, p.18*).

3. ***Trustwell & Mann (ibid) also explain that*** this lower rate of CHD in vegetarians could be due to lower levels of saturated fat in their diets.

4. ***Langley (1995, p.18) stresses that*** diets high in animal protein are also high in saturated fat.

5. ***One further area of agreement, concerning*** body weight, ***is that*** vegetarians and vegans weigh less than omnivores (*Geissler & Powers, 2011, p.361*).

4. Transform the first sentence using the beginnings.

- 1. **Trustwell (2003, p.39) argues that...** *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.*
- 1. **There has been... considerable argument about** *vitamin B12 deficiency in vegetarian diets, with Trustwell (2003, p.39) stating that there is no strong reason why a vegetarian diet should be deficient in vitamin B12, but that vegans are at risk of B12 deficiency, as well as the essential mineral calcium.*

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

2a It is widely agreed that a vegetarian diet brings certain health benefits, particularly that vegetarians are less likely to suffer from CHD than meat-eaters (Trustwell & Mann, 2007, p.302; Langley, 1995, p.18).

2b Trustwell & Mann (2007, p.302) and Langley (1995, p.18) agree / are also of the opinion/ also hold the view that a vegetarian diet brings certain health benefits, particularly that...

3a There is certain explanation to this lower rate of CHD in vegetarians (Trustwell & Mann, ibid), namely, lower level of saturated fat in their diet.

3b It has been explained that this lower rate of CHD in vegetarians could be due to lower levels of saturated fat in their diets (Trustwell & Mann, ibid).

4a It has been stressed / emphasized that diets high in animal protein are also high in saturated fat (Langley, 1995, p.18)

4b There has been an emphasis (a considerable -) on the fact that diets high in animal protein are also high in saturated fat (Langley, 1995, p.18).

5a Geissler and Powers (2011, p.361) report that there is agreement on vegetarians and vegans weighing less than omnivores./ There is also agreement that vegetarians and vegans weigh less than omnivores (Geissler & Powers, 2011, p.361).

5b It is also agreed that vegetarians and vegans weigh less than omnivores (Geissler & Powers, 2011, p.361).