

**Read the article below. Be prepared to express and defend your opinion about the following statement:**

***Plant-based milk is a better alternative than producing and using dairy milk.***

Plant-based milk has grown in popularity in the past decade. More people are switching to vegan diets and sustainably produced food. A recent cause of people moving from dairy to plant-based milk is the global rise in the prices of food. This has been worsened by Russia's war with Ukraine. This has increased the costs of fertilizer and feed for cows. Many countries rely on Russia for over 50 per cent of their fertilizer supply. In addition, Ukrainian corn used to feed cows is drying up. A farming union in the UK said fertilizer prices have risen fourfold and animal feed by 70 per cent.

The plant-based milk market will double in the next ten years. Experts say it will rise to \$53 billion in 2028 from \$22 billion in 2021. Consumers now have a huge choice of plant-based milks. Supermarket shelves are stocked with milk made from soy, almonds, coconuts, cashews, and oats. In February, a Swedish company launched the world's first potato milk, called Dug. It is described as being "deliciously creamy" and "the most sustainable plant-based dairy alternative on the market". The dairy milk industry is reminding people its milk is rich in calcium and protein.