



SoulShift - Educational Q&A Platform

General Questions

Practice Questions



Q1. What is the summary of the article on the benefits of a plant-based diet? (2023)

- A. Plant-based diets are expensive and hard to maintain.
- B. Plant-based diets can lead to better health and environmental sustainability.
- C. Plant-based diets are only beneficial for weight loss.
- D. Plant-based diets are not suitable for athletes.

Solution: The article outlines various health benefits and environmental advantages of adopting a plant-based diet, summarizing its positive impact.



