

LISTENING



23 Listening, Part 3

You will hear an interview with a food writer about the benefits of eating raw food. For questions 1–6, choose the answer (A, B, C or D) which fits best according to what you hear.

- Maureen says that one of the reasons why enzymes are essential in our diet is because they
 - stop us consuming poisonous substances.
 - are the main cause of chemical changes.
 - increase our resistance to disease.
 - prevent us contracting harmful diseases.
- Maureen recommends reducing our intake of cooked food because
 - it cannot supply us with all the nutrients we need.
 - too much cooked food makes us feel heavy.
 - cooked food can cause health problems.
 - raw food tastes so much better.
- The experiment with the cats showed that
 - each generation of cats responded differently to the foods offered.
 - there was a mixed reaction in the first group of cats.
 - the majority of cats developed health problems after starting the diets.
 - the fourth generation of cats eating cooked food had the most problems.
- If we don't consume enough enzymes in our food
 - we force our bodies to use their own store of enzymes.
 - we will not be able to process any of the vitamins it contains.
 - our bodies will be forced to manufacture inferior enzymes.
 - we are likely to suffer from digestive problems.
- Cooking food may cause some proteins to
 - break up into amino acids.
 - fail to function efficiently.
 - attack our bodies by mistake.
 - become damaged and dangerous.
- The presence of too much cooked food in our bodies may
 - change the colour of our blood.
 - attract invasive organisms.
 - put our immune system on a state of alert.
 - set off an unusual chemical reaction.