

Progress Test Unit 6

Listening

1  Listen to the conversation three friends are having about food and eating out and decide if the following statements are true (T) or false (F).

- 1 Stuart would have ordered steak and chips but the restaurant he went to with his sister didn't have steak on the menu. ____
- 2 Stuart disliked the food he had ordered in the health food restaurant because the vegetables were undercooked and the fruit was unripe. ____
- 3 Stuart believes that the restaurant Table For Two is very good, but the food isn't always spicy enough for his taste. ____
- 4 Nigel's doctor told him that if he eats simple, healthy food he will feel more energetic again. ____
- 5 Jenny criticises her husband's food because it is heavy and too high in calories. ____

Reading

2 Read the texts. Match the sentences with the correct person A–D. There is one person you need to use twice.

A

There are many people who are pro-GM food, mainly because producing it has so many advantages, such as disease resistance, cold tolerance and higher nutrition than non-GM foods. But I have my reservations and concerns, and I am not the only one. If you research GM food, you will find that there are thousands of environmental activists, religious groups, scientists and even government officials who criticise it. I think we all believe in changing a situation where private companies want to make as much profit as possible and do not care enough about the potential dangers of GM food. Very few conclusive studies have been done on the possible side effects of GM food on human health – they simply haven't been around long enough to be sure. That is the main reason why I try to buy as little GM food as possible.

B

When I go shopping, I try to buy mostly organic food, and I regularly buy food directly from farmers, such as fruit and vegetables and free-range eggs and milk. I am on a low carb diet, so I have to eat a wide range of fresh fruit and vegetables. I never buy white bread, I only eat wholemeal bread and pasta. I always try to avoid dishes which are too sugary or salty. I believe I eat the right amount of calories per day, which is easier when I leave out greasy foods like burgers and chips, or drinks that contain vast amounts of sugar, such as coke or lemonade. So overall, I think I eat a healthy, balanced diet. My cholesterol levels are certainly what they should be, if that is a reliable indication of my state of health.

C

When the weather gets cold, I start craving more stodgy food than in the summer months. So I start buying more of it and eating more of it, and then I start putting on weight. I'm not sure how to change this, as my cravings for stodgy food are just uncontrollable. I wonder if it is natural for everyone during winter. Perhaps I need to see a food specialist to recommend me a diet that would help overcome my cravings, otherwise my weight gain will become a serious health problem.

D

In my family, we've never bought anything but organic food. We do so due to our belief that organic food is more sustainable, natural and shows more concern for the welfare of animals. I personally couldn't eat any meat, poultry, eggs or dairy foods that came from animals that were fed with antibiotics or any other unnatural additives. I also try to buy food from local farm shops which are government certified. One of the most important aspects of organic food is the fact that the farmers producing organic food must use sustainable farming methods which helps conserve soil and water for the next generations. Not only do I strongly dislike the taste of cheap foods, but I also buy organic food for ethical reasons.

- 1 _____ doesn't eat fast food as it is too fatty and sugary.
- 2 _____ eats heavy food because he or she has a strong desire for it .
- 3 _____ chooses not to consume food that contains added artificial substances.
- 4 _____ does not buy certain foods due to lack of reliable research on how they might negatively affect us.
- 6 _____ is on a special diet that requires them to eat plenty of fresh produce.

Grammar

3. Complete the sentences with *a/an* or *the* or "x" for no article.

1. It's easier to take ___ pedals off your bicycle if you use ___ correct tool.
2. As ___ forecast was for ___ bad weather, we set off home straight away.
3. Mum and Dad spent months trying to find ___ suitable house to rent in ___ area near my school.
4. The girl who had called ___ ambulance climbed in beside ___ injured driver.
5. The village stood on ___ north bank of ___ stream that wasn't marked on our map.
6. Goods are brought to ___ Kioni on mules, and sold at stalls in a corner of ___ main square.
7. It's a restaurant I go to often, because they make ___ great food and ___ prices are low.
8. Most of ___ nightclubs in this area of the city are open until very late at ___ night.
9. ___ eldest of her children wants to be ___ fireman when he grows up, as little boys often do.
10. I'm sure that when we were at ___ school, none of the teachers had ___ sense of humour.

Vocabulary

4. Choose the correct words to complete the text.

We've just stayed in the worst hotel ever! The rooms were dirty and the food wasn't good either - in fact it was ¹ **disgusting** / **detested** We ordered scrambled eggs for breakfast and when they arrived, they were so ² **smoky** / **runny**, they must have been almost ³ **ripe** / **raw** . I couldn't eat either the eggs or the bread that accompanied them, which was ⁴ **stale** / **tasty**. I thought that perhaps lunch would be better, so I ordered a three-course meal in the hotel restaurant, but that was a huge mistake. The soup could have been anything, it was absolutely ⁵ **tasteless** / **mouth-watering**. I ordered steak and chips as a main course, hoping that I would get a nice piece of ⁶ **tender** / **bland** meat with fresh chips. Instead, I got a dry, ⁷ **strong** / **chewy** steak with ⁸ **greasy** / **creamy** chips. Honestly, the oil was almost pouring out of them! The dessert, which was chocolate cake with custard, was no better. It was heavy, ⁹ **smooth** / **stodgy** and far too sweet! And what was worse, the waiter was so rude! I know he's probably paid ¹⁰ **beans** / **peanuts** but still, why be so unpleasant? I'll never stay there again.

5. Complete the sentences with appropriate food words.

1. I prefer w_____ bread to white bread. It just tastes healthier.
2. Good sources of f_____ include grains and seeds, fruits and vegetables.
3. G_____ m_____ f_____ have been artificially changed by scientists in a laboratory.
4. Over the years, the safety of many food a_____, *from food dyes to artificial flavours*, has come into question.
5. You could get sick if you eat food after its u_____.

6. Complete the sentences with a verb or noun formed from the adjectives below.

fictional tight punctual sharp bitter

1. _____ in coffee is usually caused by the coffee being either too old or incorrectly brewed.
2. Could you please _____ this screw? It's got really loose and I think it might fall out.
3. I wish they hadn't _____ her life story for the theatre, instead of sticking to the facts.
4. Joe impressed his boss from the start with his _____ and motivation.
5. We need to _____ these kitchen knives – they hardly cut anything now.

Use of English

7. Choose the correct option to complete the sentences.

1. Indian curries are often full of chillies and very hot and _____.
a smoky b spicy c sticky
2. The food at the hostel was really _____. It was boring and tasteless.
a bland b smooth c tough
3. Our day out began well but soon went _____. Everything went wrong!
a pear-shaped b to a pie in the sky c in a nutshell
4. Check the use-_____ date before cooking what's in the tin.
a for b by c to
5. The _____ of the project will depend on how hard the participants work.
a succeed b success c successful
6. We decided to go home _____.
a by a taxi b by the taxi c by taxi
7. Hardly _____ the students ate breakfast.
a a few of b none of c any of