

Name: _____
Class: _____
Total: _____ /30

Dictation

1 [Track 8] Listen and write the sentences you hear, including the punctuation.

/10

Listening

2 [Track 9] You will hear four people talking about food. Match statements A–G with speakers 1–4. There are three extra letters.

Speaker 1 _____
Speaker 2 _____
Speaker 3 _____
Speaker 4 _____

- A The speaker says that good ingredients can't guarantee a good meal.
- B The speaker is advertising a restaurant.
- C The speaker says that food is always better in restaurants.
- D The speaker says that you can cook food until its sell-by date expires.
- E The speaker says that cookery programmes are not usually helpful.
- F The speaker is trying to persuade people to learn to cook.
- G The speaker has recently helped to prepare a meal.

/8

Reading

3 Read the texts and answer questions 1-6.

Text 1.

THE GROWING PROBLEM OF OBESITY

Obesity levels in western countries are rising fast. In the United States, obesity rates have more than doubled in the last thirty years from about 14.5% to over 30%. Some people think that over half the population will be obese within a few years. In Britain, around 20% are obese, the largest percentage in Europe. This is mainly because we eat more but also because we get less exercise. Although food labeling shows us the number of calories we are consuming, we don't seem to take any notice. However, we should because obesity reduces our life expectancy and causes many other health problems. We need to alter our eating habits and eat more fresh products and less packaged food. We should cut down on salt, sugar and fat and cut out certain things, such as fizzy drinks and crisps, which have no nutritional value at all.

Text 2.

MINI-MISE YOUR WEIGHT

These days, people have less time to create meals from fresh ingredients. We know that it would be better for us but we also know that pre-cooked or frozen meals are quick and tasty. Unfortunately, they are also full of calories and contain unhealthy levels of salt and sugar. That's why Mini-Mise is such an important new product. Unlike most diet pills, Mini-Mise don't make you feel full and they don't provide you with vitamins or minerals that you may be lacking. They don't need to. They allow you to eat all the food that you want but they then destroy the salt, sugar and fat in the blood. They have been recommended by nutritionists and doctors as a way to improve our health. Mini-Mise means you can lose weight without worries – and all for the price of a large burger and fries a day!

Text 3.

Who is in charge?

We all know that obesity levels are rising and that people are eating the wrong things. We also know that when governments want to act, they can. You only have to look at the laws to stop smoking in public places and the tax increases which have made smoking much less popular than it was. The same results could be achieved by similar taxes on fast food and fizzy drinks. Governments could also limit the numbers of fast food restaurants or bring in laws to reduce the amount of salt and sugar used in packaged foods. However, they don't do any of these things. Why not? Could it be because the food producers and supermarkets are too powerful? The biggest supermarkets sell most of our food and also control many of the supplies from farms and other food producers. If the government did threaten to change the law, these huge companies could bring the country to its knees very quickly.

Text 1.

1 Why does Britain have the highest percentage of obese people in Europe?

2 What foods does the article suggest we eat less of?

Text 2.

3 Why do people rely on pre-prepared meals?

4 How do Mini-Mise pills work?

Text 3.

5 How have some governments made smoking less popular than it was?

6 According to the article, why haven't governments changed food laws to make people more healthy?
