



Dictation, Listening and Reading

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?
