FOCUS. UNIT TEST 4.

Listening

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

Speaker 1 _____ Speaker 3 _____

Speaker 2 _____ 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.

Reading.

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.

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!

LIVEWORKSHEETS

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. Task 1. Multiple Choice

1. How have obesity rates in the USA changed?
   a) They have slightly increased
   b) They have more than doubled
   c) They have stayed the same
2. What is one reason for rising obesity?
   a) People eat less food
   b) People exercise more
   c) People eat more and exercise less
3. What do food labels show?
   a) Ingredients only
   b) Calories in food
   c) Cooking instructions
4. What is the problem with fizzy drinks and crisps?
   a) They are expensive
   b) They have no nutritional value
   c) They are hard to find

Task 2. True / False

5. Obesity decreases life expectancy.
6. People carefully follow calorie information.
7. Britain has the lowest obesity rate in Europe.
8. People should eat more packaged food.

Task 3. Matching. Match the recommendation with its purpose:

9. Eat fresh food →
10. Cut down on sugar and fat →
11. Avoid fizzy drinks →

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a) Reduce unhealthy intake
b) Improve diet quality
c) Avoid empty calories

🕮 TEXT 2 – MINI-MISE YOUR WEIGHT

Task 4. Multiple Choice

12. Why do people choose ready meals?
    a) They are healthier
    b) They are quick and tasty
    c) They are cheaper
13. What is true about ready meals?
    a) They are low in calories
    b) They contain unhealthy levels of salt and sugar
    c) They are made from fresh ingredients
14. What do Mini-Mise pills do according to the text?
    a) Make people feel full
    b) Add vitamins to the body
    c) Destroy salt, sugar, and fat in the blood
15. Who recommends Mini-Mise?
    a) Teachers
    b) Nutritionists and doctors
    c) Farmers

Task 5. True / False

16. Mini-Mise replaces the need for food.
17. Mini-Mise allows people to eat freely.
18. The product is presented as affordable.
19. Mini-Mise provides essential nutrients.

🕮 TEXT 3 – WHO IS IN CHARGE?

Task 6. Multiple Choice

20. What example shows government action?
    a) Food advertising
    b) Smoking laws
    c) Restaurant menus
21. What could reduce obesity according to the text?
    a) Lower food prices
    b) Taxes on fast food
    c) More supermarkets
22. Why might governments not act?
    a) They don’t understand the problem
    b) Food companies are too powerful
    c) People don’t eat fast food

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Task 7. True / False

23.Governments can influence public behavior.
24.Smoking has become more popular.
25.Supermarkets control a large part of the food supply.
26.Governments have already limited fast food restaurants.

Vocabulary

Complete the sentences with the missing words. The first letters are given.

0 A **b**_____ diet that includes protein, vegetables and grains is very important.

1 If you get hungry during the afternoon, you can have a healthy **s**_____ like nuts or fruit.

2 Our **m**_____ salad includes lettuce, cabbage, carrots and tomatoes.

3 That was such a **h**_____ meal that I nearly fell asleep afterwards!

4 I always put **c**_____ pepper in my soup because it makes it taste more interesting.

5 Could you buy a loaf of **w**_____ bread, please? It's much tastier than the white sort.

Complete the sentences with the words in the box. There is one extra word.

0 My grandmother makes _____ soup with lots of vegetable in it.

1 These _____ biscuits are disgusting! Someone must have left them out on a plate overnight.

2 The waiter didn't warn me that the dish was very _____. It was too spicy for me to eat!

3 We are trying to reduce our _____ waste by buying things with little or no packaging.

4 Be careful when cooking with_____ tomatoes. They usually contain more salt and sugar than fresh vegetables.

5 Food _____ standards are very strict in most countries because they don't want a lot of people to get seriously ill.

Grammar. Complete the sentences with the words in the box. There are two extra words.

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0 I can prepare something _____ you are hungry.

1 Remove the biscuits from the oven _____ you can see they're turning brown.

2 You should keep the fruit in the fridge _____ you want to eat it right now.

3 Please remember to wash your hands _____ you touch the food so you don't get any germs on it.

4 I always get hungry _____ I watch one of those cooking programmes on television.

5 You will learn how to cook this dish _____ you pay close attention to all the steps.

Use of English. Choose the correct option.

WHAT ARE WE EATING TODAY?

Friday 3:30 p.m.
I had lunch just two hours ago, but I'm so 0 ____ now that I can't think about anything else but food.
I can't wait to get home. 1___ I get there, my girlfriend and I will start cooking. My nutritionist has advised me to eat more healthily, so today we're having 2___ rice and fish for supper. Rice is very easy to prepare. You just need to put it in a pan with water and check about forty minutes later to see if it is ready. It's important to make sure that it is not 3___ or hard in the middle, so cook it for a few more minutes if necessary.
We're going to eat the fish in a mild sauce along with a simple green salad. It sounds like a healthy, simple meal, 4___? I hope there isn't much traffic tonight so that, by 6 p.m., we 5___ a perfect homecooked meal.

Choose the correct option.

0 X: What's your favourite fruit?

Y: I like mangoes, but my favourite are ____.

A grapes B carrots C biscuits

1 X: Are you going to have a dessert, Mark?

Y: __ you promise to have one, too.

A As long as B When C Until

2 X: So, does that sauce taste good?

Y: Well, it's a bit __. I think it needs more salt and pepper.

A bland B sour C bitter

3 X: __?

Y: Well, we have a mushroom stew without meat, and a bean and vegetable dish.

A Do you have any vegetarian dishes?

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B Can you tell me what the special salad is?

C Can I order, please?

4 X: Why are you in such a hurry?

Y: Because I've got so much homework to do. If nothing disturbs me, I __ three essays by six o'clock.

A will write B will be writing C will have written

5 X: You seem to spend a lot on your everyday shopping!

Y: I know, but I always buy __ food because I'm worried about dangerous chemicals in normal products.

A fattening B light C organic

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