

SECTION 3 Questions 21–30**Questions 21–26**

Choose the correct letter, **A**, **B** or **C**.

Labels giving nutritional information on food packaging

- 21** What was Jack's attitude to nutritional food labels before this project?
- A** He didn't read everything on them.
 - B** He didn't think they were important.
 - C** He thought they were too complicated.
- 22** Alice says that before doing this project,
- A** she was unaware of what certain foods contained.
 - B** she was too lazy to read food labels.
 - C** she was only interested in the number of calories.
- 23** When discussing supermarket brands of pizza, Jack agrees with Alice that
- A** the list of ingredients is shocking.
 - B** he will hesitate before buying pizza again.
 - C** the nutritional label is misleading.
- 24** Jack prefers the daily value system to other labelling systems because it is
- A** more accessible.
 - B** more logical.
 - C** more comprehensive.
- 25** What surprised both students about one flavour of crisps?
- A** The percentage of artificial additives given was incorrect.
 - B** The products did not contain any meat.
 - C** The labels did not list all the ingredients.
- 26** What do the students think about research into the impact of nutritional food labelling?
- A** It did not produce clear results.
 - B** It focused on the wrong people.
 - C** It made unrealistic recommendations.

Test 4

Questions 27 and 28

Choose **TWO** letters, **A–E**.

Which **TWO** things surprised the students about the traffic-light system for nutritional labels?

- A** its widespread use
- B** the fact that it is voluntary for supermarkets
- C** how little research was done before its introduction
- D** its unpopularity with food manufacturers
- E** the way that certain colours are used

Questions 29 and 30

Choose **TWO** letters, **A–E**.

Which **TWO** things are true about the participants in the study on the traffic-light system?

- A** They had low literacy levels.
- B** They were regular consumers of packaged food.
- C** They were selected randomly.
- D** They were from all socio-economic groups.
- E** They were interviewed face-to-face.

LESSON 8 – LISTENING SECTION 3

TAPESCRIPT

Jack: I've still got loads to do for our report on (1) _____.

Alice: Me too. What did you learn from doing the project about your own shopping habits?

Jack: Well, I've always had to check labels for traces of peanuts in everything I eat because of my allergy. But beyond that I've (2) _____ enough to check how healthy a product is.

Alice: This project has actually taught me to read the labels much more carefully. I (3) _____ claims on packaging like "low in fat". But I now realize that the "healthy" yoghurt I've bought for years is full of sugar and that it's actually quite high in calories.

Jack: (4) _____ ... comparing the labels on supermarket pizzas was a real eye-opener. Did you have any idea how many calories they contain? I was amazed.

Alice: Yes, because unless you read the label really carefully, you wouldn't know that the nutritional values given are for (5) _____.

Jack: When most people eat the whole pizza. (6) _____, is it?

Alice: Not at all. But I expect it won't stop you from buying pizza?

Jack: Probably not, no! I thought comparing the different labelling systems used by food manufacturers was interesting. I think the kind of (7) _____ used makes a big difference.

Alice: Which one did you prefer?

Jack: I like the traditional daily value system best – the one which tells you what proportion of your required (8) _____ the product contains. I'm not sure it's the easiest for people to use but at least you get the full story. I like to know all the ingredients in a product – not just how much fat, salt and sugar they contain.

Alice: But it's (10) _____ have been making an effort to provide reliable information for customers.

Jack: Yes. There just needs to be more consistency between labelling systems used by different supermarkets in terms of portion sizes, etc.

Alice: Mmm. The labels on the different brands of chicken flavor crisps were (11) _____ too, weren't they?

Jack: Yeah. I don't understand how they can (12) _____ calling them chicken flavor when they only contain (13) _____.

Alice: I know. I'd at least have expected them to contain a small percentage of (14) _____

Jack: Absolutely.

Alice: I think having nutritional food labeling has been a good idea, don't you? I think it will change people's behavior and stop mothers, in particular, buying the wrong things.

Jack: But didn't that study kind of prove the opposite? People (15) _____ buying unhealthy products.

Alice: They only said that might be the case. Those findings (16) _____ and it was quite a small-scale study. I think more research has to be done.

Jack: Yes. I think you're probably right.

Jack: What do you think of the traffic-light system?

Alice: I think supermarkets like the idea of having a color-coded system – red, orange or green – for levels of fat, sugar and salt in a product.

Jack: But it's not been (17) _____. And not on all products. Why do you suppose that is?

Alice: Pressure from the food manufacturers. Hardly surprising that some of them are opposed to flagging up how unhealthy their products are.

Jack: I'd have thought it would have been compulsory. It seems ridiculous it isn't.

Alice: I know. And what I couldn't get over is the fact that it was brought in **(18)** _____ – a lot of experts had deep reservations about it.

Jack: That is a bit weird. I suppose there's an argument for doing the research now when consumers are familiar with this system.

Alice: Yeah, maybe.

Jack: The participants in the survey were quite positive about the traffic-light system.

Alice: Mmm. But I don't think they targeted the right people. They should have focused on people with **(19)** _____ because these labels are designed to be accessible to them.

Jack: Yeah. But it's good to get feedback from all **(20)** _____ groups. And there wasn't much variation in their responses.

Alice: No. But if they hadn't **(21)** _____, they could have used a much bigger sample size. I wonder why they chose that method?

Jack: Dunno. How were they selected? Did they volunteer or were they approached?

Alice: I think they volunteered. The thing that wasn't stated was how often they **(22)** _____ – all we know is how frequently they used the supermarket.

VOCABULARY

Translate these following expressions into Vietnamese:

1. Accessible to
2. Low in (fat) >< high in (calories)
3. In terms of
4. A real eye-opener
5. A small-scale study
6. Artificial additives
7. Deep reservations about
8. Food manufacturer
9. Labelling system
10. Literacy levels
11. Nutritional food labels
12. Nutritional values
13. Packaged food
14. Required daily intake
15. Sample size
16. Socio-economic groups
17. Traces of (peanuts)
18. Be adopted universally
19. Flag up
20. Get away with
21. Get the full story
22. Prove the opposite
23. Provide reliable information