

LISTENING – READING COMPREHENSION

PART 1: Listen to a conversation and fill in the gap with a missing word.

- **Mary:** I'm in trouble. I'm cooking for my whole (1) _____ tonight and I don't know what to do. Please help!
- **Laura:** Alright. First of all, what can you cook?
- **Mary:** I can make wonderful cheese on toast.
- **Laura:** Is that a joke?
- **Mary:** No.
- **Laura:** Right. How about spaghetti Bolognese?
- **Mary:** From a tin?
- **Laura:** No. Not from a tin. It's (2) _____, I'll tell you what you need and I can help you cook it tonight, if you want?
- **Mary:** Thank you, that's amazing.
- **Laura:** Alright. Let's make a (3) _____ list. Get a pen and paper and write this down: Spaghetti, minced beef, five (4) _____, two onions, garlic, three red peppers.
- **Mary:** Ok. Got it.
- **Laura:** Do you have (5) _____ and pepper in your kitchen?
- **Mary:** Yep.
- **Laura:** Cool. Any herbs?
- **Mary:** No.
- **Laura:** Ok. Write: basil and parsley.
- **Mary:** Done.
- **Laura:** Now let's go to the supermarket!

PART 2: Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions.

The food we eat seems to have profound effects on our health. Although science has made enormous steps in making food more fit to eat, it has, at the same time, made many foods unfit to eat. Some research has shown that perhaps eighty percent of all human illnesses are related to diet and forty percent of cancer is related to the diet as well, especially cancer of the colon. People of different cultures are more prone to contract certain illnesses because of the characteristic foods they consume.

That food is related to illness is not a new discovery. In 1945, government researchers realized that nitrates and nitrites (commonly used to preserve color in meat) as well as other food additives caused cancer. Yet, these carcinogenic additives remain in our food, and it becomes more difficult all the time to know which ingredients on the packaging labels of processed food are helpful or harmful. The additives that we eat are not all so direct. Farmers often give penicillin to cattle and poultry, and because of this, penicillin has been found in the milk of treated cows.

Sometimes similar drugs are administered to animals not for medicinal purposes, but for financial reasons. The farmers are simply trying to fatten the animals in order to obtain a higher price on the market. Although the Food and Drug Administration (FDA) has tried repeatedly to control these procedures, the practices continue.

A healthy diet is directly related to good health. Often we are unaware of detrimental substances we ingest. Sometimes well-meaning farmers or others who do not realize the consequences add these substances to food without our knowledge.

Question 6: What are nitrates used for?

- A. They preserve flavor in packaged foods.
- B. They preserve the colour of meat.
- C. They are the objects of research.
- D. They cause the animals to become fatter.

Question 7: The word "these" in paragraph 2 refers to _____?

- A. meats
- B. colors
- C. researchers
- D. nitrates and nitrites

Question 8: Which of the following statements is NOT TRUE?

- A. Drugs are always given to animals for medical reasons
- B. Some of the additives in our food are added to the food itself and some are given to the living animals
- C. Researchers have known about the potential hazards of food additives for more than forty-five years
- D. Food may cause forty percent of the cancer in the world

Question 9: The word "fit" in paragraph 1 is closest in meaning to _____.

- A. athletic
- B. adaptable
- C. tasty
- D. suitable

Question 10: What is the best title for this passage?

- A. Harmful and Harmless Substances in Food.
- B. Improving Health through a Natural Diet.
- C. The Food You Eat Can Affect Your Health.
- D. Avoiding Injurious Substances in Food.