Unit 5 Reading Practice 2

Przeczytaj blog pewnej podróżniczki i na jego podstawie w zdaniach 1–4 z podanych odpowiedzi wybierz właściwą.

As a breakfast lover and a traveller, I'm happy to have breakfast foods for every meal but let me tell you – local breakfast can be a nasty surprise when visiting foreign lands. I remember looking at the breakfas buffet in an exotic country and thinking 'this was supposed to be a good hotel!' The more I travelled though, the more I realised that it had been. The thing is, you see, whether it's on the light or heavy side sweet or savory – one man's breakfast is another man's dinner or dessert.

So, what's for breakfast around the world? For the nations inhabiting warmer climates, it's often sweets with coffee. In Africa it's the Maharmi cardamom doughnuts, in Spain churros, in Brazil cake. These aren't necessarily light, since some, like churros, are fried. Those who like it light are the Italians who have sweet rolls with cappuccino and the French with their croissants with jam or chocolate, coffee and orange juice. This is what the British refer to as 'continental breakfast,' totally ignoring the other half of the European continent, which, from Germany through the Slavic countries to Scandinavia, eats a much more hearty breakfast of breads, cold meats, cheeses, eggs, and fresh vegetables.

Yet a lot of nations put on their breakfast plate what others would consider dinner foods. The Brits bake and fry beans, tomatoes, potatoes, sausages and even black pudding. Heavy but not impossible to have first thing in the morning. Many Asian and African breakfast smells and tastes, however, proved way too strong on my empty Western stomach, with fish and fermented beans at the top of my list here. In western Africa, for instance, they fry these beans with strong spices and onions for breakfast. In some Asian countries there's no such thing as 'breakfast menu' – dishes based on these pungent ingredients are served morning till evening. Japanese miso is served with fermented soy beans, rice, noodles and a lot of fish, while in Myanmar you're looking at fish soup with garlic, ginger and onions. Definitely jump-starts your senses.

Is there anything universal? The western tastes seem to be infiltrating all cultures and thus yoghurts, pancakes and sandwiches are found worldwide. Also milk with cereal, although its consumption is decreasing due to its high sugar content. There's something else, though, that has me very excited. There are others out there who enjoy breakfast foods above all others, and there's a name for us. I'm a breakfastarian! Now we just need to set up a republic. Or at least a couple of good breakfastarian bars in every major city with breakfast dishes served morning till night.

1. The phrase 'the more I realized it had been' refers to the fact that
   - A. there had been some nasty surprises during her trip abroad.
   - B. the breakfast buffet had really served dinner.
   - C. the place where she stayed had been the quality she'd expected.
   - D. breakfast had always been her favourite meal of the day.

2. Which is not true about continental breakfast, according to the text?
   - A. It includes eggs and cold meats.
   - B. It might not be a very accurate term.
   - C. It's rather on the light side.
   - D. Is very popular in France.

LIVEWORKSHEETS

3. When the author travelled to more exotic countries she found

A. the breakfasts a bit too heavy for a first meal of the day.
B. she often looked for local fish dishes with exotic spices.
C. their dinner menus are more tasty than their breakfasts.
D. she couldn't tolerate some of their common breakfast ingredients.

4. At the end of the text, the author tries to say that

A. more people should learn to enjoy their breakfasts.
B. there should be more places for breakfast-loving people.
C. people who like
D. she's happy because she found some all-day breakfast bars.

Połącz wyrazy 1 - 7 z ich tłumaczeniami a - g

1. temptation	a. gorzki
2. bitter	b. w formie stałej (nie płynnej)
3. search for something	c. pokusa
4. solid	d. zapobiec
5. unsteady	e. szukać czegoś
6. prevent	f. niestabilny
7. beneficial	g. korzystny, dobroczynny

Przeczytaj poniższy tekst. Połącz zdania a - d z właściwą informacją.

a It's the place where you can get better quality fruit and vegetables.

b It's the country with the biggest consumption of chocolate.

c They are the first people who used cocoa.

d The amount that is eaten worldwide every year.

LIVEWORKSHEETS

1. the Aztecs and the Maya

2. 8 million tons of chocolate

3. Switzerland

4. farmers' market





Chocolate

Although it's hard to believe today, the first people to use cocoa – the Aztecs and the Maya – drank cocoa only during religious ceremonies and called it 'the bitter drink'. That's because it was drunk with some added spices but no sugar. When the Spanish conquistadores introduced cocoa to Europe, European aristocrats didn't find it very tasty until they sweetened it. It became a fashionable dessert but also a medicine. And rightly so since cocoa contains many healthy substances which can boost your brain power, contribute to good circulation and help prevent heart problems.

Cocoa was consumed in a liquid form only until the 19th century when the Europeans came up with a recipe for the world's favourite dessert – solid chocolate – based on three ingredients: cocoa, powdered milk and sugar. Today, almost 8 million tons of this delicious temptation are eaten worldwide every year and Europe is the undisputed leader here. The country at the top of the list is the home of the delicious Lindt or Milka chocolate, Switzerland, where annual consumption approaches 9kg (over 90 bars of chocolate!) per person.

As people eat so much chocolate every year, it seems reasonable to assume that cocoa and chocolate producers have no need to worry about their future. The matter is more complicated, though. As a result of changing climate and weather conditions, the cocoa production market has been unsteady, sometimes producing more cocoa than is needed but sometimes less. At the same time, while chocolate consumption is still growing, its consumers are becoming more and more health conscious. They still have a sweet tooth but expect their guilty pleasure to feel less guilty and more beneficial. The growing popularity of dark chocolate seems to be the result of this trend.

Cocoa farmers and chocolate companies are doing their best to deal with these issues. One idea is for the cocoa farmers to grow new varieties of cocoa trees producing more beans. Yet sceptics worry that new types of beans may be similar to other mass-produced fruit and vegetables – they might look delicious, but they are rather bland compared to the ones you get at the farmers' market in the summer. Chocolate companies, for their part, respond to the fact that health conscious consumers would rather buy dark chocolate, but aren't happy with the fact that its high cocoa content makes it rather bitter. To help with that but not increase our sugar intake, dark chocolate now has many varieties with added dried fruit and nuts.

LIVEWORKSHEETS

Przeczytaj tekst jeszcze raz. Uzupełnij luki w odpowiedziach na poniższe pytania:

1. How was cocoa originally used?

   It was used during religious _____ as a _____

2. What was the difference between the way the Maya and Europeans prepared cocoa?

   The Mayas drank it _____, the Europeans _____ it.

3. What is the result of the fact that the cocoa production market is unstable?

   In some years too much cocoa is _____ , in others too little.

4. What might be the reason for dark chocolate becoming more and more popular?

   Consumers are becoming more and more _____ conscious.

5. What's the worry about new types of cocoa?

   It may be _____

6. Why are producers of chocolate products putting nuts and fruit into it?

   To make it _____

Uzupełnij luki w poniższym tekście wykorzystując informacje z poprzedniego tekstu.

Cocoa: Past and Present

- The bitter cocoa the Aztecs and the Mayas drank was only used for religious purposes.
- In Europe, it [1] _____ once people had learned to change its taste. It also turned out to be useful in medicine as it is good for [2] _____ such as the brain and the heart.
- The first solid chocolate was produced [3] _____ years ago, and it later became the most popular dessert in the world.
- The biggest amount of chocolate [4] _____ in Switzerland.

Cocoa: Problems on the market

- Because of changes in climate and weather conditions, there is a lot of [5] _____ on the cocoa production market.
- The demand for [6] _____ is increasing as people are now more health-conscious.

Cocoa: Future

- Farmers are considering growing new kinds of cocoa, but the new beans might not be [7] _____ as more traditional ones.
- Chocolate companies are producing [8] _____ of dark chocolate.

LIVEWORKSHEETS