Part 5

You are going to read part of the introduction to a cookery book called *In Search of Total Perfection* by Heston Blumenthal. For questions **31–36**, choose the answer (**A**, **B**, **C** or **D**) which you think fits best according to the text.

Mark your answers **on the separate answer sheet.**

When my first cookery programme *In Search of Perfection* first came out, I had no idea how it would be received by the viewers and the press. There had been plenty of talk going round at the time about the food 'revolution' sweeping through Britain, and I was certain that we'd produced a series of programmes that made a genuinely innovative contribution to that, but still the question worried me: would people appreciate an approach to cooking that involved not just techniques but also history, nostalgia and science? I watched the first programme in a mixed state of joy and fear.

I needn't have worried. The subsequent success of the show paved the way for all sorts of other fascinating projects, including a book based on my experiences at the restaurant I own. In each project there is a sense of being on a journey, be it into the past, into the mind, or into cookery techniques. I then wrote several books in a series called 'Perfection', each one accompanying its own TV programme of the same name. In these, however, the journey was often a very physical one, with passports and suitcases and itineraries. *In Search of Total Perfection* is the latest in the series, and in it you'll zigzag the globe in order to meet some extraordinary artisans, such as a man who finds his true purpose in creating a golden pasta that tastes better than any other. These people have spent decades pursuing their own ideals of perfection.

Perfection is, of course, highly subjective. Even the seemingly simple task of choosing which dishes to include in the series turned out to be a nightmare, and I knew I was bound to upset many people by leaving out their particular favourite. 'Where's steak and kidney pie and bread and butter pudding?' I could imagine people saying. Nevertheless, after shutting ourselves away in a meeting room and agreeing not to emerge until we had come up with a suitable list, the TV production team and I eventually had something for everyone.

This reinforced my opinion that each of us has our own idea of what constitutes perfection, drawing heavily on a highly personalised mix of emotions, memories and surroundings. Despite the book's title, *In Search of Perfection*, I knew from the outset that I wouldn't be claiming the recipes were in any way 'definitive'. But I reckoned that, by using my technical skill and scientific knowledge, by talking to food producers and artisans and chefs and their customers, I could pin down some of the things that made these dishes work.

While the dictionary defines 'perfection' as the state of being perfect, it also offers a second definition of equal importance to this book: honing through gradual experimentation. *line 62*
Trying out ideas and then revising them until you arrive at something uniquely wonderful. The TV series gave me the opportunity to get out and look into all sorts of foods, people and places I'd never encountered before in any restaurant, and I was as excited about that as I *line 68*
was about the chance to explore memory and nostalgia in food because I started out in this business in exactly the same way.

Searching out the best ingredients for the recipes took me all over the globe. Among my adventures were: being taken with great solemnity and assurance to a canning factory that turned out to be processing completely the wrong sort of tomato, and visiting a dairy farm whose standards fell so far short of perfection that we had to stop filming there! Refining the technique for each recipe, I ended up hand-milking a cow and then using dry ice to turn the milk into ice cream, cooking chicken breasts in a hospital scanning machine and nearly burning my house down in an effort to get the oven hot enough for a proper Neapolitan-style pizza.

31 In the second paragraph, Heston implies that the books in the 'Perfection' series

A had a more international focus than his first book.
B strongly developed the psychological aspect of the subject.
C feature some characters who re-appeared in different books.
D were less successful than the TV programmes that went with them.

32 What did Heston think about the meeting to discuss the 'Perfection' series?

A It was useful in highlighting some practical problems.
B It resulted in a very strange decision.
C It should have been more productive.
D It was demanding but efficient.

33 What does Heston imply about the recipes in his new book?

A They vary considerably from the versions that inspired them.
B They could be developed further in the future.
C The final wording of them was easy to come up with.
D The selection is not necessarily one he would have made himself.

34 What does 'honing' in line 62 tell us about the recipes?

A They can never be completely perfect.
B They are regarded by Heston as being experimental.
C They serve another significant purpose in Heston's book.
D They have been worked on and improved over a period of time.

35 What does 'that' refer to in line 68?

A being willing to try out new things
B learning the trade in a particular restaurant
C exploring the relationship between food and the past
D wondering about the importance of food in people's lives

36 Heston says that during his travels around the globe, he

A had to be resourceful and adaptable.
B narrowly avoided disaster on several occasions.
C was forever solving problems caused by other people's incompetence.
D had to respect an unusual local custom.

Part 6

You are going to a read a newspaper article about observing marine creatures called manatees. Six sentences have been removed from the article. Choose from the sentences **A–G** the one which fits each gap (**37–42**). There is one extra sentence which you do not need to use.

Mark your answers **on the separate answer sheet.**

Swimming with Manatees, Florida's Gentle Giants

When most people flock to the famous amusement parks in Orlando, Florida, they miss some of the natural wonders the State has to offer. It was in Citrus County on the beautiful west coast of Florida that we went to see the manatee, an amazing mammal that occupies coastal waters and rivers.

Our days started early in the morning at Homosassa Springs, as this is the perfect time to snorkel with the manatees before they get tired of visitors. We boarded a pontoon boat with Captain Traci Wood from Native Vacations. Having spotted two manatees just below the water, Captain Traci stopped the boat as the duo slowly glided towards us. **37** Our boat was soon surrounded by other members of this gentle species.

Soon we resumed our journey. Within a few minutes Captain Traci stopped the boat again and we were given instructions. Whatever you do, she said, remember the three golden rules: minimize splash noise; act with very slow movements; and when you touch one of these friendly, gentle gray giants on the back or stomach, never touch with more than one hand at a time. The Endangered Species Act forbids touching a manatee unless it touches you first, and they will let you know. The protection of this endangered species is taken very seriously. For children, there is absolutely no chasing or riding the manatees. **38** Most Homosassa manatees are very social and will come to you.

The next day, at Three Sisters Springs, we entered the water very slowly, trying to keep down the amount of thick, muddy sediment rising from the bottom of the river. **39** This meant swimming with the manatees was not at all difficult or intimidating. We saw young children as well as seniors in the water and there was an abundant feeling of energy and curiosity among us all.

Manatees are strictly herbivores, and they eat a great variety of species, including water hyacinth and water lettuce. They're very big, measuring 3 to 5 metres and weighing as much as 1,600 kilos. **40** Manatees are of course wild creatures, although when face to face with them, you're unlikely to feel any fear.

Since not all visitors want to get nose-to-nose with the manatees, non-swimmers can also view them at Homosassa Springs State Wildlife Park. The park provides a wonderful home for some manatees. **41** They are well looked after by people who really understand them. The park also serves as a research and observation center, offering three daily educational programs to the public.

From December to March, groups of manatees escape the cold winter ocean and bask in the warm waters near power plants and coastal springs that stay about 23 degrees year-round. Snorkelers, divers and swimmers come to Florida from all over the world for a chance to swim or interact with the docile manatee in its natural environment, rich in marine vegetation. **42** So the manatees arrive every year by the hundreds to find warmth, nourishment and maybe, just maybe, to visit us, the curious humans.

A The truth is, swimming with manatees is a life-altering experience.

B Those that have been injured or orphaned will also spend their lives there since they are unable to survive in the wild.

C But this won't diminish the experience in the least.

D This abundant source of food makes this area an ideal habitat for the manatees.

E This was to avoid disturbing some of the manatees who were still sleeping while others were slow-paddling around.

F They used their paddle-like tails to propel themselves, steering with their flippers, gracefully moving their bodies through the water in our direction.

G Despite this, they look very cute.

Part 7

You are going to read an article about four people who set up local environmental projects. For questions **43–52**, choose from the people (**A–D**). The people may be chosen more than once.

Mark your answers **on the separate answer sheet.**

Which person

accepted that the attitudes of local people might be impossible to change? **43** [ ]

included a useful additional feature on a product? **44** [ ]

co-operated with others to develop the initial idea? **45** [ ]

had to convince local people to take part in an experiment? **46** [ ]

managed to get products sold in other countries? **47** [ ]

received formal recognition for a project's achievements? **48** [ ]

realised that it wasn't possible to use ideas that had worked elsewhere? **49** [ ]

saw that a traditional way of life was under threat? **50** [ ]

created an example that people in different places were able to follow? **51** [ ]

used materials that they recycled? **52** [ ]

Local environmental heroes

Four innovators who founded local conservation projects

A Evans Wadongo

Like many Kenyans, Evans Wadongo grew up studying by the light of a kerosene lamp. Bad for his eyes, the lamps also produced harmful fumes that made him cough. So, Evans designed a cleaner sun-powered alternative. Instead of importing solar technology from a mass-producing country, he set up the Use Solar initiative, which trained youngsters to manufacture special solar-powered lamps, using locally-sourced scrap metal and fragments of solar panels. A USB port, built into the base, offered an easy way to charge phones and radios. The lamps were then given to local groups, who used the money they saved on kerosene to set up small businesses such as poultry farming or beekeeping. Evans says that getting finance for the project was a challenge due to its long-term nature. Each lamp costs $25, which covers materials, training and distribution. The groups used money from their successful businesses to buy more lamps.

B Alasdair Harris

Coastal communities in south-western Madagascar have lived by fishing for more than a thousand years. But when biologist Alasdair Harris visited the region, he found them struggling to sustain themselves because population increases had diminished local fish stocks. Unsurprisingly, people had mixed feelings when he suggested closing one of the local fishing grounds, but agreed to a three-month trial. When it was re-opened, they caught a staggering 1,200 kg of octopus in one day and the community could see the benefit of looking after their resources. Others soon took up the model and the country now boasts hundreds of marine areas, monitored and protected by local people. Organisations in neighbouring countries have begun to replicate the model, as recognition grows for the importance of locally initiated conservation. 'We need a radically new approach,' Alasdair says, 'that's why we do this work.'

C Nam Nguyen

Although much of Vietnam's population lives in rural areas, its two major cities are increasingly affected by traffic and pollution. Ride-sharing was a relatively new concept when Nam Nguyen founded his Hanoi-based ride-sharing website. Initially, he intended to make a free network where people could share vehicles and contribute to protecting the environment. 'I tried to learn the model from European schemes, but they didn't really work here. Private vehicles are a source of pride for many city dwellers, who rely on them to visit their families in the provinces. They wouldn't give them up easily.' He realised he'd have to form a business plan to help finance and promote the idea. So, Nam designed a taxi-sharing service whose profits could support the ride-sharing enterprise he had initially imagined. 'The taxi service has become our main revenue stream. It allows the ride-sharing network to continue to grow.'

D Bernice Dapaah

About to graduate with a business administration degree but facing a tough job market in Ghana, Bernice Dapaah joined forces with some engineering students to create an innovative product from bamboo, an abundant crop in Ghana. They make strong, lightweight and durable bikes out of bamboo, using an ever-growing team of young people specially trained for the role. The project has serious green credentials, too: not only are the bikes an affordable, environmentally sound alternative to cars, but bamboo is fast-growing, produces up to 35% more oxygen than other trees and helps to prevent soil erosion, a significant cause of concern for farmers. It's an idea so brilliant the team went on to win ten international awards. The initiative had soon sold over a thousand bikes, including exports, allowing new workshops to be set up. The idea is that each employee, once trained, can train and employ five others and bikes can be produced on a small scale all over Ghana.