

# Insight Upper Intermediate Unit 8 Test A

Name: \_\_\_\_\_

Class: \_\_\_\_\_

## Listening

1 🎧 Listen to a radio presenter talking to an author about his new book. Are the sentences true (T) or false (F)?

- 1 The writer originally wanted to write a book about psychology. \_\_\_\_
- 2 The writer thinks that parents don't teach their children ethics. \_\_\_\_
- 3 Junk food is popular because of the short-term pleasure it gives. \_\_\_\_
- 4 Eating badly as a child often leads to eating badly as an adult. \_\_\_\_
- 5 The radio presenter is confident his child will eat the brain food the writer mentions. \_\_\_\_
- 6 The writer's daughter was unusual because she liked vegetables. \_\_\_\_
- 7 Eggs can be cooked in different ways, but have limited health benefits. \_\_\_\_
- 8 Schools agree with the writer when they see the improvements in students' behaviour. \_\_\_\_
- 9 Students who have school dinners always do better academically than those who don't. \_\_\_\_
- 10 Most parents eat what they'd like their children to eat. \_\_\_\_

## Reading

### **Waste not, want not**

When was the last time you threw some food out? It was probably within the last seven days. Let's face it, most of us empty our fridge of old food after we've done our weekly shop, whether it's actually gone off or not. We'd sooner have something new that we fancy over something that's approaching its sell-by date, but is still perfectly good enough to eat. It is thought that Britain generates a monstrous waste food mountain of 15 million tons every year.

Based on research by a leading British supermarket chain, we only eat a small fraction of pre-washed and pre-prepared salads that are sold in a bag, binning 68% of each one on average. Likewise, 40% of the apples we buy find their way into the rubbish, and 25% of grapes meet the same end. This is only a small sample of the food analysed, and you'd be wrong if you thought tinned food didn't follow the same trend. Thanks to these findings, the supermarket has promised to have a major rethink to help customers reduce their waste.

An end to multi-buys would certainly be a good start. How many of us have gone food shopping for an item, only to come away with two or even three of the same item thanks to some kind of discount for buying more? This is all well and good if we are hosting a party with countless guests and need enough food for a six-course banquet. For most of us, though, this isn't the case, and before we know it, we've bought three bags of oranges that have to be eaten within the next three days and have fooled ourselves into thinking they'll be good for our diet. Maybe it's time to stop being tempted by a bargain and start caring more about making an ethical choice.

Another reason for food waste is down to our obsession with aesthetically perfect food – we like our food to look good. If it is bruised or the wrong shape, it can often be taken directly to landfill before it even gets to the supermarket shelf. Hence, we are not only throwing away out-of-date food, but also good food which simply doesn't look quite right. This is all very distressing in a world where one in seven people doesn't have enough food to eat.

We could blame the food industry, and there certainly seems to be waste at each stage of the food production and distribution chain. However, as consumers, we also contribute to this mountain of waste. Isn't it time we faced the music as individuals and looked at how we can make our own small contribution to cutting down this waste?

There are a number of ways that this could be done. During the Second World War, British people had ration books limiting the amount of food they could buy. Due to this system, people thought twice about putting anything in the bin. They ate smaller portions and only cooked as much as they needed. For most of us, this way of thinking would be a good starting point. A knock-on effect of this might be to tackle the increasing problem of obesity. It would also be a good idea to try to be inventive about what we've got left in our fridge before taking the easy option and heading to the supermarket. And leftovers can be frozen instead of being discarded.

One of the major advantages of reducing food waste to individual consumers, apart from the personal satisfaction of doing your bit in the war on waste, would be the financial benefits. It was reported that every family in the UK wastes about £700 of food every year. That's a lot of money which could be more wisely spent.

**2 Read the text. Choose the correct answers (a–d).**

- 1 The supermarket research showed that
  - a all types of food were thrown away.
  - b only fruit and vegetables were wasted.
  - c there was less waste with tinned food.
  - d only a small selection of food was investigated.
- 2 The problem with supermarkets is that
  - a they overestimate how often people cook for others.
  - b in reality, customers don't eat fresh fruit and vegetables.
  - c they encourage shoppers to buy more than they need.
  - d it is difficult to estimate how much food is going to be sold.
- 3 The main people to blame are
  - a the customers.
  - b the supermarkets.
  - c the food industry.
  - d all of the above.
- 4 One way to reduce waste would be to
  - a imagine what we'd do if we didn't have such easy access to food.
  - b use up the food we have before going shopping again.
  - c make sure that no one leaves any food on their plates.
  - d buy food that is simple to store for a long time.
- 5 What does the writer mean by 'doing your bit' in the final paragraph?
  - a making a protest
  - b influencing others
  - c adding to a problem
  - d making a contribution

## Vocabulary

### 3 Match the words below to the synonyms in bold.

outlawed   slaughter   awe-inspiring   countless   distressing   monstrous   agonizing  
wiped out   critical   cold-blooded

- 6 The charity tried to stop the **killing** of elephants in Africa. \_\_\_\_\_
- 7 I told Carl **numerous** times about my birthday, but he still forgot. \_\_\_\_\_
- 8 Police are investigating the **brutal** attack. \_\_\_\_\_
- 9 Some scenes in the documentary are **very upsetting**. \_\_\_\_\_
- 10 Winning the competition was a very **important** moment in Kim's sporting career. \_\_\_\_\_
- 11 Residents complained about the **enormous** new office blocks nearby. \_\_\_\_\_
- 12 Unless we stop deforestation, many more habitats will be **destroyed**. \_\_\_\_\_
- 13 The group campaigned for the sale of animal fur to be **banned**. \_\_\_\_\_
- 14 This summer we went on an **impressive** safari in Kenya. \_\_\_\_\_
- 15 My last visit to the dentist was **painful** as I needed a tooth removed. \_\_\_\_\_

### 4 Complete the sentences with the correct prepositions.

- 1 The film was based \_\_\_\_\_ a true story.
- 2 In recent years there has been a large rise \_\_\_\_\_ obesity.
- 3 We depend \_\_\_\_\_ your help to finish the project.
- 4 Many parents are concerned \_\_\_\_\_ online bullying.
- 5 Most of us would be better \_\_\_\_\_ without meat in our diet.
- 6 The heavy rain resulted \_\_\_\_\_ floods in the south of the country.
- 7 The arrest of the protestors was considered an attack \_\_\_\_\_ human rights.
- 8 The criminals were caught thanks \_\_\_\_\_ a video posted on YouTube.

### 5 Match the words in A to the words in B to make collocations. Then complete the sentences with the collocations.

A six-course   light   Indian   standard   emergency   side  
B fare   dish   rations   snack   banquet   takeaway

- 1 On Friday we always get an \_\_\_\_\_ and watch a film at home.
- 2 The wedding guests enjoyed a luxurious \_\_\_\_\_.
- 3 They ordered a chicken curry with a \_\_\_\_\_ of vegetables.
- 4 Crisps are \_\_\_\_\_ for many people at lunchtime.
- 5 You should only have a \_\_\_\_\_ before swimming.
- 6 After the earthquake people relied on \_\_\_\_\_ delivered by the army.

## Grammar

### 6 Complete the sentences with the correct passive form of the verbs in brackets.

- 1 Whales \_\_\_\_\_ (hunt) for thousands of years.
- 2 Four armed men \_\_\_\_\_ (arrest) outside the bank yesterday.
- 3 We \_\_\_\_\_ (protect) against many diseases by modern medicine.
- 4 These days increasing numbers of children \_\_\_\_\_ (bully) online.
- 5 Simon \_\_\_\_\_ (hit) by a bus, but luckily he survived.
- 6 I predict that more university courses \_\_\_\_\_ (deliver) online in the future.
- 7 Girls all over the world should \_\_\_\_\_ (give) the chance to go to school.
- 8 The zoo could \_\_\_\_\_ (close) if it doesn't improve safety.

### 7 Circle the correct words to complete the sentences.

- 1 We enjoyed **to be** / **being** given a tour of the museum.
- 2 They expected their bill **being** / **to be** refunded in full, as the food was dreadful.
- 3 I remember **being** / **to be** taken to the park by my grandfather when I was a child.
- 4 His safety jacket prevented him **to be** / **being** drowned in the sea.
- 5 Clare wanted her son **to be** / **being** given special treatment.
- 6 The photographer was interested in **being** / **to be** shown some urban art.
- 7 Police ordered the man **being** / **to be** searched for weapons.
- 8 The cat was terrified of **being** / **to be** washed in the bath.

### 8 Write two passive sentences for each active one.

- 1 Someone showed the tourists the paintings.

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- 2 The teacher gave a prize to the students.

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- 3 Someone sold his friend a stolen smartphone.

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- 4 The doctors found a cure for the patient.

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## Challenge!

### 9 Complete the text with the correct words (a–d).

#### A model village

On the face <sup>1</sup> \_\_\_\_\_ it, the village of Martin in England looks like any other – but nothing could be further from the truth. In 2003, Nick Snelgar, concerned about the village being dependent on supermarkets, faced up to the fact that he had to do something about it. Thanks <sup>2</sup> \_\_\_\_\_ his initiative, 101 of the 164 families in the village are <sup>3</sup> \_\_\_\_\_ to be members of Futurefarms today.

The idea of Futurefarms is to become as self-sufficient as possible. Villagers aren't calling for supermarkets to be <sup>4</sup> \_\_\_\_\_ completely in areas nearby, as they still want goods that aren't produced in Britain. However, there are countless things which they object to being sold when they can grow them themselves. <sup>5</sup> \_\_\_\_\_, the eight-acre vegetable garden sells almost fifty different types of vegetables and a hundred chickens every week.

Owing to the project's success, it now makes £30,000 a year, most of which is believed <sup>6</sup> \_\_\_\_\_ put back into the scheme. Whether it's a light snack or a wedding <sup>7</sup> \_\_\_\_\_ they're catering for, the Saturday market at the village hall is where local people head for.

Nowadays, it's <sup>8</sup> \_\_\_\_\_ that we reduce our carbon footprint, and an awe-inspiring project like Futurefarms proves that it is possible to change our lifestyles for the better.