# 1 READING

**a** Read the recipe for *Salade Niçoise* and tick (✓)
the correct answer.

1 ☐ This dish is for people who like a lot of meat.
2 ☐ This dish is for people who don't eat any meat or fish.
3 ☐ This dish is for people who like fish, vegetables and
   eggs.
4 ☐ This dish is for people who don't like many vegetables.

**b** Read the recipe again. Are the sentences true or
false?

1 You need to use fresh fish for this salad.
2 It takes less than an hour to make this salad.
3 You can add the eggs, potatoes and beans to the salad
   when they're warm.
4 You put all the food together on the same plate.
5 You add the French dressing last.

## Salade Niçoise

**Preparation:** 45 minutes

**Ingredients:** For this recipe you need some fresh tuna fish (or a
tin of tuna), some potatoes, some tomatoes, some French beans,
a large lettuce, an onion, four eggs and some black olives.

**Instructions:**
1 First, boil the eggs, potatoes and French beans and wait until
  they are cold.
2 Then, wash the lettuce and tomatoes and cut the onion into
  small pieces.
3 After that, put the lettuce on a large plate with the tuna,
  tomatoes, onion, potatoes, beans and olives.
4 Finally, put some French dressing (olive oil, vinegar and
  mustard) on the salad and mix everything together.

**a** Read the recipe for a Spanish omelette. Put the
instructions in the correct order.

## Spanish omelette

**Preparation:** about 45 minutes

**Ingredients:** For this recipe you need six
eggs, a large onion, 500 grams of potatoes,
olive oil, salt and pepper.

**Instructions:**

☐ Next, cook all the ingredients together for
  about 10 minutes.

☐ Then, fry the onions and potatoes in the
  olive oil for 30 minutes, until the potatoes
  are soft.

☐ Finally, turn the omelette over and cook
  for 5 more minutes.

☐ After that, put the onions and potatoes
  into a large bowl with the eggs, salt and
  pepper and mix everything together.

1 First, cut the onion and potatoes into
  small pieces.

# Fresh fruit and vegetables too expensive?

## Why not grow your own?

1 We all know that it's good for us to eat a lot of fresh fruit and vegetables. But it can be expensive, especially if you have a big family.

2 Why not grow your own? It's cheap, it's easy and it's fun! You don't even need much space – a box in the window is enough to grow some salad.

3 Rob Green has a vegetable garden at his house in Cambridge. He says, 'It can be hard work sometimes, but I love it. I grow lots of different vegetables, for example carrots, onions and beans. It saves me a lot of money, and the vegetables I grow are better than anything you can buy in the shops.'

4 His garden has an apple tree and a pear tree. The apples aren't very sweet, but he bakes them with brown sugar, and the family eat them for dessert with ice cream. Rob also grows strawberries, and usually makes a few jars of jam each summer. 'I'd like to make more,' he says. 'The only problem is that after the children see the strawberries, there aren't many left!'

5 Rob often cooks with his children, and he says that it's good for them to see where their food comes from too. 'Children need to know that it doesn't just arrive in packets in the supermarket.'

**a** Read the magazine article. Complete each sentence with the correct paragraph number.

a Paragraph __4__ talks about the fruit Rob grows.

b Paragraph ____ talks about how healthy it is to eat fruit and vegetables.

c Paragraph ____ talks about the vegetables Rob grows.

d Paragraph ____ talks about how good it is for children to see how we grow food.

e Paragraph ____ gives reasons to grow your own food.

**b** Read the article again. Are the sentences true or false?

1 It is expensive to grow your own vegetables.

2 You don't need a lot of space to grow a few vegetables.

3 Rob Green doesn't like growing vegetables because it's hard work.

4 He thinks his vegetables are better than vegetables in shops.

5 He gets apples and oranges from his trees.

6 He cooks the apples he grows.

7 His children eat a lot of the strawberries.

8 His children think that vegetables always come from the supermarket.