

Reading

19 Read the texts. For questions 1-4, choose the correct option A, B or C.

- 1 Text A is mainly about
 - A honey in medicines.
 - B desserts with honey.
 - C different uses of honey.

- 2 Which of these is NOT true about Tibetan food?
 - A There are a lot of dairy products in Tibetan food.
 - B Momos can be cooked in more than one way.
 - C Momos are filled with spicy oil and pepper sauce.

- 3 Text C says that oysters
 - A will give you more energy.
 - B taste best when cooked in a stew.
 - C should be eaten in the summer.

- 4 The purpose of the email in text D is to
 - A explain the raw food diet to Julian.
 - B ask Julian if he's tried the raw food diet.
 - C talk about celebrity diets.

A

Living the Honey Life

Everybody's heard of honey, a delicious sweet food that is made by bees using the nectar of flowers. It is commonly used in cooking, baking and in desserts. It can also be found in drinks such as tea or mixed with mustard to make a delicious salad dressing. However, here are four other ways honey can be used:

- 1 Honey can be made into excellent cough medicine.
- 2 Honey can be used to treat wounds.
- 3 Honey boosts your energy levels.
- 4 Honey reduces symptoms of allergies such as hay fever.

Check our website for more info on Honey!

B

A Healthy Tibetan Snack

Traditional Tibetan food is delicious! Most meals include dairy products such as goat's milk, cheese and butter as well as dumplings, noodles and barley grain. Tibet is a wonderful place to try snacks. A favourite of locals and tourists alike are delicious hot Momos.

Momos are traditional Tibetan dumplings which you can buy everywhere. They can be either fried or boiled and contain either meat or vegetables. They are served with oil and pepper sauce for a delicious spicy flavour and a mug of tasty hot chocolate. It is a must-try dish for anyone visiting Tibet.

C

The Meal that Heals

Are you ready to cook? This week's 'Meal that Heals' is my delicious Oyster Stew (go to page 5 for details). Oysters are the ideal healthy option for lots of reasons.

Oysters:

- are low in calories and are an excellent source of protein
- contain iron which naturally boosts your energy levels
- reduce the risk of heart problems as they are high in omega-3

So what are you waiting for? Start cooking as an oyster expert today!

Hot tip: They taste better in cooler weather.

D

From: Luanne

To: Julian

Subject: Raw Food

Dear Julian,

Are you still looking for a new diet? I've been doing some research for you. Have you ever heard of the raw food movement? It's a diet where you *only* eat uncooked food. The results are incredible and it's a great way to have a cleaner lifestyle. In fact, a lot of celebrities, such as Madonna and Gwyneth Paltrow are doing it! By eating uncooked food, you can be sure that your food hasn't had artificial flavours and chemicals added to them. Meals are easy to prepare and allow you to be really creative with ingredients such as fruit, vegetables and nuts. Maybe we could try the diet together. What do you think?

Luanne