

Text 1

OBESITY CRISIS

Obesity levels in western countries are on the increase. In the United States, obesity rates have more than doubled in the last 30 years from about 14.5% to over 30%. Some people fear that more than 50% of the population will be obese within a few years. In Britain, around one fifth are obese, the largest percentage in Europe. This is mainly because we in Britain eat more but it is also because we get less exercise. Although food labelling enables us to see the number of calories we are consuming, we don't seem to take any notice. However, we should because being obese reduces our life expectancy and can lead to many other health problems. We need to alter our eating habits and eat more fresh food and fewer packaged products. We should cut down on salt, sugar and fat, and eliminate certain things from our diet, such as fizzy drinks and crisps, which are lacking in any nutritional value.

Text 2

MINI-MIZE YOUR SIZE

These days, most people don't have the time to prepare meals from fresh ingredients. We know that it would be better for us but we also know that pre-cooked or frozen meals are convenient and tasty. Unfortunately, they are also high in calories and contain unhealthy levels of salt and sugar. That's why Mini-mize is such an important new product. Unlike most diet pills, Mini-mize pills don't trick your body into feeling full and they don't provide you with vitamins or minerals that you may be lacking. They don't need to. With this product, you can eat all the food that you want because they then destroy the salt, sugar and fat in the blood. They have been recommended by both nutritionists and doctors as a way to improve our health. Mini-mize means you can lose weight without worries – and all for the price of a large burger and fries a day!

Text 3

THE POLITICS OF FOOD

We all know that obesity levels are increasing and that people are eating the wrong things. We also know that when governments want to take action, they can. To demonstrate this, you only have to look at the laws to stop smoking in public places and the tax increases which have made smoking much less popular than it was. The same results could be achieved by similar taxes on fast food and fizzy drinks. It would also be possible for governments to limit the numbers of fast-food restaurants or bring in laws to reduce the amount of salt and sugar used in packaged foods. However, they don't do any of these things. Why not? Could it be because the food producers and supermarkets wield too much power? The biggest supermarkets sell the majority of our food and also control many of the supplies from farms and other food producers. If the government did announce plans to change the law, these huge companies could bring the country to its knees.

Reading

3 Read the three texts. Choose the correct answer, A, B, C or D.

- 1 In Text 1, the writer is
 - A explaining why America has the highest obesity rates.
 - B encouraging people to eat a more balanced diet.
 - C blaming fast-food sellers for the rise of obesity.
 - D explaining the calorie content of fast food.
- 2 According to Text 1,
 - A obesity rates are going up in all European countries.
 - B there isn't enough food labelling to tell people what they are eating.
 - C Most Americans are not aware of the dangers of obesity.
 - D our diet and lifestyle are causing more of us to become obese.

- 3 Text 2 has been written to
 - A persuade people to buy a diet product.
 - B warn people that they should eat less.
 - C criticise unhealthy ready-made meals.
 - D compare different diet pills.

- 4 Text 3 is about
 - A how taxation has changed the way we eat.
 - B why cigarettes are more harmful than junk food.
 - C how supermarkets can influence government policy.
 - D how consumers can influence supermarkets and food producers.

- 5 Text 3 does not mention
 - A banning the consumption of food in public places
 - B forcing food producers to cut down on unhealthy ingredients in their products.
 - C how governments have changed our smoking habits.
 - D the possible effect of any government action to control supermarkets.

Listening

2 [Track 9] You will hear four people talking about food. Choose from the list (A–G) what each speaker (1–4) says. Use the letters only once. There are three extra letters.

Speaker 1 _____

Speaker 2 _____

Speaker 3 _____

Speaker 4 _____

- A The speaker is encouraging people to learn about cooking.
- B The speaker believes that shops should donate food they are going to throw away.
- C The speaker has been on a cookery course.
- D The speaker thinks that some restaurants are not very careful about food hygiene.
- E The speaker is comparing cuisines from different countries.
- F The speaker thinks that the basic ingredients in British cooking are not very good.
- G The speaker explains how people can save money when shopping.