

Read and choose

Conference Purpose: The 21st Annual Spears Foundation Conference on Health provides professional education and networking for doctors, dentists, nurses, social workers, health care instructors, students, and anyone else involved or interested in the health care profession. The conference is funded by grants to the Spears Foundation from the Department of Health, the Children's Health Network, the Family Health Association, the Organization for World Health and Nutrition, and with support from the Sebastian L. Turner Foundation and the Phillippe Endowment.

Conference Goals: The focus of this year's conference will be **promoting** proper nutrition among children. Childhood nutrition is a significant health care issue in light of the increased prevalence of childhood illnesses related to an improper diet. In addition to posing immediate health consequences, a poor diet can contribute to poor health throughout an individual's life and eventually lead to conditions like obesity and heart disease. The goal of the 21st Annual Spears Foundation Conference on Health is to foster the awareness and early prevention of improper childhood nutrition within the field of healthcare.

The conference aims to:

- broaden the discussion on nutrition to include health impacts at local, state, national and international levels among individuals under the age of 12
- describe the latest physical and mental health findings related to improper childhood nutrition
- highlight innovative research, practices, and programs that seek to improve the nutrition of children
- emphasize prevention and intervention strategies appropriate for children of different cultures, physical abilities, geographic settings, and communities

Conference Dates: Friday March 23 to Sunday March 25

Contact Information

Spears Foundation Conference on Health

Attn: Conference Manager

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Questions

1. The word "**promoting**" in paragraph 2, line 1, is closest in meaning to ____.
A. Benefiting B. Encouraging C. Advertising D. Contributing
2. Who is the conference for?
A. People in the healthcare industry B. People in the retail industry
C. People in the education industry D. People in the banking industry
3. What is the focus of the conference?
A. Safety on the job B. Employee education
C. Employee health benefits D. Childhood nutrition
4. Who is Mr. Martin?
A. A major donor to the Spears Foundation B. A member of the Children's Network
C. The manager of the conference D. The president of the Spears Foundation
5. On what day will conference activities **NOT** take place?
A. March 24 B. March 22 C. March 25 D. March 23

Read and choose

Mmm... do you fancy a tasty bag of crisps? Or how about a yummy chocolate bar? British people love their snacks. Find out more about some popular British snacks. Don't read if you're hungry!

Snack facts

Young people in Britain eat more snacks than people of the same age in other European countries. A recent survey has discovered that 64 per cent of under-20-year-olds snack between meals. How does this compare with other countries? 58.7 per cent of young people snack in Germany, 53 per cent in France and only 40.7 per cent in Spain. What are these young Brits eating? Savoury snacks, especially crisps, are the favourite snack in the UK. Snack researchers found that the average person in Britain spends £43 on savoury snacks each year, compared with £12 for the French and only £7 for the Italians. British people are spending a total of about £2.8 billion a year on savoury snacks!

Crisps

What are crisps exactly? They are very thin slices of potato, fried in oil then covered in salt or other salty flavours. British people are mad for crisps and they like them in a huge variety of flavours. Some of the most popular flavours include cheese and onion, salt and vinegar, steak and onion, roast chicken, tomato ketchup, and cheese and bacon. A crisp-making company held a competition recently to find new exciting flavours for their crisps. The competition was called 'Do us a flavour' and the company received more than a million suggestions for new flavours. The finalists included squirrel flavour and onion bhaji flavour. The winner was builder's breakfast, which tried to replicate the tastes of a full English breakfast including bacon, eggs, sausages and beans. The flavour was suggested by Emma Rushin of Belper, Derbyshire, who won £50,000 and one per cent of future sales of her flavour. You can't find builder's breakfast crisps in the shops now, though – they were discontinued after one year.

Chocolate

It isn't only savoury snacks that British people love. In fact, they spend more on chocolate than any other European country! If you go to any newsagent's shop in the UK, you'll see a huge selection of chocolate bars on sale. There is milk chocolate, dark chocolate and white chocolate. There are small bars of chocolate, medium-sized ones and massive bars of chocolate. You can buy mint-flavoured chocolate, chocolate-covered peanuts or raisins, chocolate with nuts, chocolate with coffee – the list is endless! And chocolate companies are always testing out new flavours. One brand of chocolate bar recently asked people to try four new flavours of a chocolate and then vote on Facebook for their favourite. The bar with the most votes will be **permanently** added to their range.

Health

While crisps, chocolate and other snacks can be delicious, many people are worried that young people eat too much of these kinds of foods. The Food Standards Agency (FSA) is a government organisation that is responsible for food safety and food hygiene in the UK. The FSA issued a warning recently that many children's snacks contained dangerously high levels of salt.

Questions

1. What is true about Britain youth?

- A. They eat more snacks than their European counterparts.
- B. They don't eat snack often.
- C. Most people like eating snacks more than main meals.
- D. They spend much money on buying snacks.

2. What kind of snack is the most preferable in the UK?

- A. Healthy
- B. Fast food
- C. Chocolate
- D. Savoury

3. British people spend most money on ____.

- A. crisps
- B. chocolate
- C. chips
- D. nuts

4. According to Food Standards Agency, people who eating too much snacks will ____.

- A. suffer from a dangerous level of salt
- C. being obesity
- 5. What does “permanently” refer to?**
- A. Exist within a short term
- C. One day in the future

- B. gain weights
- D. waste much money on eating
- B. Forever
- D. Immediately

Read and choose

Barry G:

We stopped at the White Horse Inn for lunch during a long journey. My wife ordered the lasagne and I ordered a steak and ale pie. We waited over thirty minutes for our food, and when my pie arrived, it was chicken and mushroom. When they brought the correct pie, I picked up the gravy and found that it was completely cold. When I went to the bar and asked for it to be heated and suggested that we should get a partial refund, the barman swore under his breath. When I finally started eating, my wife had already finished her meal. Avoid this restaurant at all costs!

Emma1987:

We decided to come here for our Sunday lunch. The prices were a bit steep, but we thought it would be worth it, if the food was good. Sadly, we were disappointed. Our sausages were burnt and so dry that we couldn't even cut them. My partner's steak was even worse. It certainly wasn't worth the money. It wasn't even a pleasant place to spend a Sunday. The carpet was old-fashioned and worn, the chairs were uncomfortable and the walls needed painting. Very disappointing.

PGRigby:

We were passing by and felt hungry, so we decided to stop here for a meal. We got a warm welcome and were impressed with the wide selection of beers and the extensive menu. The dishes are mostly traditional, and not very adventurous or exotic, but it was decent, reasonably priced, warm and well presented. We were served quickly, considering there were seven of us, and the staff were polite. Overall, it was good value for money and I would definitely go there again.

SunnyDay:

The pub looked very attractive from the outside, with a large car park, disabled access and an attractive garden. It's in a good location on the main road, and I imagine it attracts a lot of passing trade. However, if I was local to the area, I wouldn't come here regularly. Although the prices were typical, we didn't get very much for our money. My garlic mushrooms were just that, three small mushrooms with a little dry salad – the kind you get from a bag – on the side. Then, my partner and I both ordered fish and chips, and my fish was much smaller than hers. When we complained, we weren't offered a refund or a new piece of fish. I'm sure there are better places to eat in the area.

Andrew_Rose:

We ended up at the White Horse Inn for our Sunday lunch when the pub we planned to eat at had forgotten to note down our booking. However, we felt very pleased about this error in the end. We were greeted by a friendly, helpful young lady behind the bar who allowed us to sample a few of the beers before we made our choices. I ordered fish and chips. The fish was fresh and served in a lovely, crisp batter. My friends were very happy with their roast dinners. The desserts were also delicious. However, for me, it was the excellent service and friendliness of all the staff that made the visit stand out. We will look forward to returning in the future.

QUESTIONS

1. The reviewer thought the food was good but simple.

- A. Barry G
- B. Emma1987
- C. PGRigby
- D. SunnyDay

2. The reviewer thought that the staff were more important than the food.

- A. SunnyDay
- B. Emma1987
- C. Andrew_Rose
- D. Barry G

3. The reviewer had to wait a long time for the food.

- A. Barry G
- B. PGRigby
- C. SunnyDay
- D. Emma1987

4. The reviewer complained about the decorations and furniture.

A. Andrew_Rose B. Emma1987 C. Barry G D. SunnyDay

5. The reviewer thought that the prices were normal but that the portions were small.

A. Emma1987 B. Barry G C. SunnyDay D. PGRigby

6. The reviewer thought the food was expensive and not very good.

A. Andrew_Rose B. Emma1987 C. SunnyDay D. Barry G

Read and choose

Are you looking for somewhere special to go this weekend? Do you want to try something new? Check out one of these hot new restaurants.

Last Days of the Raj

A centrally located Indian restaurant, perfect for eating before or after the cinema or a show. In summer, enjoy your meal in the beautiful garden. The most popular dishes are lamb and chicken cooked with mild, medium or hot spices. For brave customers there is extra hot!

A Taste of Tuscany

Whether you'd like a great value-for-money lunch or a relaxed evening meal in stylish surroundings, this is the place for you. The chefs have all been trained in Italy and they make both traditional and contemporary dishes. We recommend the pasta and seafood.

Your Local Caff

Remember when cafés served full English breakfasts – sausages, beans, fried bread, bacon and eggs – with a strong cup of tea? Well, this place still does and you can have your breakfast at any time you like during the day while you listen to your favourite tunes from the 1980s.

The Lemon Tree

This pretty restaurant serves healthy food that's tasty too. Come in for a vegetarian snack at lunchtime or a great fruit smoothie or a cappuccino and a delicious piece of cake in the afternoon. Food is bought from local producers whenever possible.

Cheesy Bites

A restaurant that only serves cheese, but hundreds of cheeses from many countries and in lots of different forms. They serve reasonably priced lunches but dinner can be expensive. Lovely food and a very elegant dining room, looking onto an amazing flower garden.

Fast Best

Fast food doesn't have to be junk food, as this café proves. Do you fancy a really good hamburger made with the best ingredients, or old-fashioned fish and chips fried to perfection, all on the table in super-quick time? Speed and quality are important here, and the prices aren't bad either.

The Chocolate Box

The owner of this small café used to cook all kinds of food, but then she realised she preferred desserts to anything else. If you want meat or fish, don't come here. They only do desserts! Lots of different kinds of sweets. Chocolate lovers will be excited by the range of chocolate cakes.

Musical Chairs

Have you noticed how music improves the taste of your food? This new restaurant has different types of live music every night except Sundays, and excellent food to go with it. Great fish dishes, steak and pizza. Monday is classic rock night, so see you there!

Questions

1. My girlfriend and I are vegetarian. Could you recommend a suitable restaurant for us? Tom, aged 18

A. Your Local Caff B. A Taste of Tuscany
C. The Lemon Tree D. The Chocolate Box

- My friend has a sweet tooth and I want to take her somewhere special this weekend. Lucy, aged 16
 - The Chocolate Box
 - A Taste of Tuscany
 - Your Local Caff
 - The Lemon Tree
- My mates and I all love spicy food. Can you recommend somewhere good for us to go tonight? Dino, aged 21
 - The Lemon Tree
 - The Chocolate Box
 - Fast Best
 - Last Days of the Raj
- I only get 30 minutes off for lunch and I'm in a hurry. Where can I get something quick to eat? Melissa, aged 27
 - Fast Best
 - Last Days of the Raj
 - The Lemon Tree
 - The Chocolate Box
- Breakfast is the most important meal of the day in my opinion. Do you know anywhere that serves a good brekkie? Micky, aged 38
 - A Taste of Tuscany
 - The Chocolate Box
 - Fast Best
 - Your Local Caff
- We love Italian food, especially pasta. Everyone loves Italian, don't they? Any good Italians near here? Momo, aged 22
 - A Taste of Tuscany
 - The Lemon Tree
 - Fast Best
 - The Chocolate Box