

# 3

## The world around us

### READING

1 Complete the text with these words or phrases. There are two extra words or phrases you do not need.

aggressive a lack of attitude authority chop intention  
impact obey natural resources significant

#### Come and WWOOF!



No, we aren't talking about the noise a dog makes but the opportunity to be a 'Willing Worker on an Organic Farm'. For those who want to have a positive <sup>1</sup>..... on the world around them, WWOOF organisations can help. They own woodlands, farms and other areas of land, and invite volunteers to come along and help out, with the <sup>2</sup>..... of teaching volunteers about organic growing. It also enables organisations to get the help they need on the land. As a volunteer, you'll find out how to save <sup>3</sup>....., use natural methods to grow food, and learn about how organic farming can make a <sup>4</sup>..... difference to our health.

Volunteers are provided with basic accommodation and food – though you will have to <sup>5</sup>..... vegetables for dinner and clean up afterwards! You may have to deal with <sup>6</sup>..... little luxuries like hot showers and chocolate, and there are rules to <sup>7</sup>.....: getting up early, working hard and doing any job you're asked to do. A positive <sup>8</sup>..... is really important! Could this be you?

2 Quickly read the article about Janeira Marshall, who is going to do a cookery course. What would be a good title for the article?

A How to become a vegetarian  
B Cooking for my family  
C Going organic

3 e Read the article again. Choose which sentence (A–G) fits each gap (1–6) in the article. There is one extra sentence you do not need.

A This means we won't damage the environment or society.  
B In other words, we're going to cook everything from the ingredients, so nothing's prepared before we start.  
C After the harvest, when it's dug out of the ground, farmers have to keep it away from non-organic food.  
D I think it'll be great fun for me to teach them everything I know about organic cooking afterwards.  
E Hopefully I'll gain some practical skills as well as finding out about healthy food.  
F But I want to do more, by helping to reduce the amount of pesticides that are used on crops.  
G People think being vegetarian means you don't get the right nutrients.

### Extend

4 Find these words and phrases (1–8) in the text and Ex 3 and match them with the meanings (A–H).

1 weird (para 1)	A the need people have to buy goods or services
2 in reality (para 2)	B the foods you use to make a particular dish
3 demand (para 3)	C be affected by
4 manual (para 3)	D different from what people think
5 pick up (para 3)	E foods that are needed by the body
6 ethical (para 4)	F strange and unusual
7 ingredients (sentence B)	G morally correct and right
8 nutrients (sentence G)	H using your hands

5 Complete the sentences with words from Ex 4.

1 There are almost no ..... in chocolate, so you should only have it as a treat.  
2 A lot of people think organic food is extremely expensive, but ..... , the prices aren't too high.  
3 That vegetable looks really ..... . What on earth is it?  
4 I think I've ..... the illness from something I've eaten.  
5 We've stopped selling organic food as there is no ..... for it in this area – people grow their own!  
6 What are the ..... in Spaghetti Bolognese? Does it have tomatoes in it?  
7 I wasn't looking forward to helping Dad dig up the garden, but after a morning of ..... work I feel great!  
8 Sheila decided that she would become a(n) ..... shopper to help protect the environment.



Janeira Marshall

Janeira Marshall tells us about the cookery course she's planning to do

I love cooking and I'm always experimenting in my parents' kitchen: they've had to eat some weird and wonderful things for dinner! I'd really like to improve my skills, so this summer, during the school holidays, I'm going to do a cookery skills course with the Organic Cookery School, which runs classes for teenagers.<sup>1</sup> ..... And I'd like to learn to make some great new recipes as well!

My family and I already do our bit for the environment: we save rainwater, only eat food that's in season in order to avoid food miles, and we make sure we recycle plastic, paper and glass.<sup>2</sup> ..... They're supposed to protect plants from insects but in reality, if we use too much of them, they can affect human health, and actually create more problems for plants.

My parents have started buying organic food at the supermarket, but it's expensive: you can't grow it quickly, it needs more manual labour to look after it, and there's so much demand for it now that there isn't enough of it.<sup>3</sup> ..... This is so that it doesn't pick up anything bad from food grown with chemicals. Organic farms are usually a long way from towns, so the food still has to be transported, which is another cost. Organic food requires a lot of time, effort – and money!

I'm not sure whether we'll grow our own food during the course at the Organic Cookery School, but I'll find out soon. Dad might let me use part of our garden to grow things in. Then our family will be 'ethical consumers'. We'll only eat what we've grown, there won't be any packaging, and we won't waste important natural resources.

<sup>4</sup> ..... How cool is that?!

As well as cooking with organic produce, I'm looking forward to learning about nutrition on the course. This is about getting the right type of food for good health and growth. I'm thinking about stopping eating meat, too, so it will be even more important for me to learn about the right things to eat and what my body needs.<sup>5</sup> ..... This isn't true, but you do need to know which foods to get them from, so I'm going to find out!

I know that we're going to make meals from scratch on the course.<sup>6</sup> ..... For example, we're going to learn to bake bread and make pasta and sauces, and I'm going to ask about making mayonnaise. The stuff you buy in jars is white, but when you make the real things from eggs, it's more yellow in colour. We also get to taste things and take things home for our families to try. I can't wait to start the course!