

## **Listening and reading practice**

1) You will listen to a news report on young people's eating habits. Choose the correct option A, B or C:

**1 The speaker says young people**

- A** had a healthier diet in the past.
- B** think fast food is nutritious.
- C** would be healthy if they didn't eat fast food.

**2 Modern day families**

- A** prefer to eat out.
- B** don't have time to prepare healthy food.
- C** eat more than they should.

**3 The speaker says**

- A** people should skip breakfast instead of eating doughnuts or croissants .
- B** home cooked meals are very nutritious .
- C** no fixed meal times lead to bad eating habits.

**4 Young people eat junk food at lunchtime**

- A** because it is convenient.
- B** because it is filling.
- C** because they can't afford anything else.

**5 The speaker says teenagers**

- A** eat unhealthy snacks all day long.
- B** sometimes eat nothing healthy all day.
- C** need to learn to cook healthy food.

**6 Young people today**

- A** don't eat fresh food .
- B** usually have a healthy evening meal.
- C** only drink sugary soft drinks.

2) Read the following text about food decisions, mind and eyes. Answer the activities below:

The food we eat is influenced by so many things: our geography, our history, our climate and our lifestyle. So just as a country surrounded by sea, like Japan, is a nation of fish-eaters, a country surrounded by land, like Mongolia (where the nearest coast is 700 kilometres away), depends on meat. Mutton, the meat from sheep, is the most important ingredient in Mongolian food. It is eaten in a number of different ways, roasted, in soup or the most popular of all, in dumplings called buuz.

But it isn't only the ingredients that change, ways of preparing food can depend on geography too. In New Zealand, a land with more than 60 volcanoes, the Maori use a method called hangi to prepare food. They use volcanic rock to cook the food underground. They dig a large hole where they make a fire to heat the rocks. The food goes on the rocks, they close the hole and wait for four or five hours for the food to cook. If you walked by a cooking hangi, you wouldn't even know it was there! You can't even smell the food cooking.

But we can't always wait five hours for our food. With our busy modern lifestyles where everyone is always on the go, street food is the obvious answer and each country has its traditional street food, from Turkish simit bread sellers on the streets of Istanbul to Thai noodle carts in Bangkok. In Sicily, in southern Italy, traditional street food is a ball of fried rice called an arancino. The centre of the ball is filled with a rich tomato and meat sauce. It is just as delicious as a bowl of pasta or a slice of pizza, but so much easier to eat as you walk down the street. If I had to choose my favourite fast food, this would be it!

**A) Read the article and identify the countries:**

1 The most common food in this country is meat \_\_\_\_\_

2 This country has no coast. \_\_\_\_\_

3 They eat rice cooked in a special way in this country \_\_\_\_\_

4 They cook food on hot rocks in this country \_\_\_\_\_

5 This country has a lot of volcanoes \_\_\_\_\_

**B) Choose the correct word from the text to complete the statements:**

1 A country surrounded \_\_\_\_\_ land, like Mongolia, depends on meat.

2 It is eaten \_\_\_\_\_ a number of different ways.

3 With our busy modern lifestyles where everyone is always \_\_\_\_\_ the go, street food is the obvious answer.

4 From Turkish simit bread sellers \_\_\_\_\_ the streets of Istanbul Thai noodle carts in Bangkok.

**C) Choose the correct preposition or phrase to complete the sentences:**

1 What do busy people in cities eat when they are \_\_\_\_\_.

2 Is your country surrounded by sea or \_\_\_\_\_?

3 What is the most important ingredient in your country's food? Can you prepare it \_\_\_\_\_?

4 In your town, is there food for sale \_\_\_\_\_?