

## LISTENING



### 23 Listening, Part 3

You will hear an interview with a food writer about the benefits of eating raw food. For questions 1–6, choose the answer (A, B, C or D) which fits best according to what you hear.

- 1 Maureen says that one of the reasons why enzymes are essential in our diet is because they
  - A stop us consuming poisonous substances.
  - B are the main cause of chemical changes.
  - C increase our resistance to disease.
  - D prevent us contracting harmful diseases.
- 2 Maureen recommends reducing our intake of cooked food because
  - A it cannot supply us with all the nutrients we need.
  - B too much cooked food makes us feel heavy.
  - C cooked food can cause health problems.
  - D raw food tastes so much better.
- 3 The experiment with the cats showed that
  - A each generation of cats responded differently to the foods offered.
  - B there was a mixed reaction in the first group of cats.
  - C the majority of cats developed health problems after starting the diets.
  - D the fourth generation of cats eating cooked food had the most problems.
- 4 If we don't consume enough enzymes in our food
  - A we force our bodies to use their own store of enzymes.
  - B we will not be able to process any of the vitamins it contains.
  - C our bodies will be forced to manufacture inferior enzymes.
  - D we are likely to suffer from digestive problems.
- 5 Cooking food may cause some proteins to
  - A break up into amino acids.
  - B fail to function efficiently.
  - C attack our bodies by mistake.
  - D become damaged and dangerous.
- 6 The presence of too much cooked food in our bodies may
  - A change the colour of our blood.
  - B attract invasive organisms.
  - C put our immune system on a state of alert.
  - D set off an unusual chemical reaction.