

ZNO Practice. Listening. Reading.

Listening

1. What is mentioned about food in chain cafes?
 - a) The food is too expensive there.
 - b) They help us to save money.
 - c) They are environmentally-friendly.
2. What is YumNow?
 - a) an online restaurant
 - b) a platform where you can sell home-made food
 - c) an application where you can buy food at a lower price
3. How much food is wasted per year in the UK?
 - a) 13 billion kg
 - b) 7,3 million tones
 - c) 3.476 kg
4. What kind of food can you buy on YumNow?
 - a) new products that restaurants want to make popular
 - b) all types of sandwiches
 - c) products that have to be sold now or thrown away
5. When did the idea of creating YumNow come to Hendrick?
 - a) when he was studying at the University of Bristol
 - b) when he was travelling outside the country
 - c) when he saw people throw away their food

Reading

You are going to read a magazine article on vegetarianism. Seven sentences have been taken out of it. Choose the sentences from A – H which best suits each gap (1 – 7). There is an extra sentence that you don't need.

A vegetarian is a person who doesn't eat meat. This also includes fish. A vegan, on the other hand, does not eat any kind of animal produce, such as butter, eggs, milk or even honey. ___ (1). About five percent of the British population is believed to be vegetarian, while only one in four hundred is vegan.

People become vegetarians for many reasons. Some people simply dislike the taste of meat. ___ (2). They point to the overcrowded conditions that chickens, for example, are kept in.

It is also argued that vegetarianism is healthier. ___ (3). One of the main reasons for this is that they consume less animal fat.

Another health reason for being a vegetarian is the number of recent diseases connected with animals killed for food. ___ (4). Vegetarians point to modern-day food scares such as 'mad cow's disease' or bird flu to support this view.

___ (5). For instance, vegetarianism is one of the central beliefs of Hinduism. In fact, most of the planet's vegetarians are Hindus and live in India.

Of course, there are also strong arguments against vegetarianism. ___ (6). In addition, many animals are killed in the production of food other than meat. For example, small animals like mice are frequently killed during the harvesting of crops such as corn. Does this mean that we shouldn't eat bread?

However, if you are going to become a vegetarian, there are one or two issues that you need to consider beforehand. In particular, it is potentially unhealthy to stop eating meat. ___ (7). Therefore it is important that you eat other types of food which can replace meat in this respect, such as nuts, beans and lentils.

- A. A few also say that meat just tastes great.
- B. First of all, humans have evolved to eat meat, so it can be seen as a natural part of our behaviour.
- C. In addition, they also avoid using other animal products like leather.
- D. Not eating meat, so the argument goes, reduces such risks.
- E. Others believe that keeping and killing animals for food is cruel.
- F. People who follow a vegetarian diet are often fitter, have lower cholesterol levels and are less likely to have weight problems.
- G. Some people, though, are vegetarians for religious reasons.
- H. This is because it is rich in protein, which is a vital part of a balanced diet.

