

## UNIT 4 + READING

### 1 Complete the missing words. ( \_\_\_ / 10)

- 1 This pasta salad is very healthy. It contains vegetables, like red p..... green  
b..... and b..... with just a little olive oil.
- 2 Do you want your eggs fried or b.....?
- 3 I love oily fish, like t..... s..... and s.....  
They are very good for you, too. I also eat r..... fish. In fact, sushi is one of my  
favourite dishes.
- 4 'Do you like prawns?' 'No, I don't like any kind of s.....'
- 5 I love Brussels s.....

### 2 Complete the sentences with the words in the box. There are two words that you don't need. ( \_\_\_ / 5)

|                                                    |
|----------------------------------------------------|
| boil   grill   hot   ripe   salty   unripe   waste |
|----------------------------------------------------|

- 1 The mangoes are still ..... They won't be ready to eat for another few days.
- 2 You need to ..... this type of rice for about 15 minutes.
- 3 The waiter didn't warn me that the dish was very ..... It was too spicy for me.
- 4 The sauce was too ..... for my taste and I didn't eat the meat.
- 5 People who go shopping once a week, often ..... food.

### 3 Complete with the future time clauses. ( \_\_\_ / 6)

|                          |
|--------------------------|
| as soon as   if   unless |
|--------------------------|

- 1 ..... you are hungry now, I can prepare something to eat.
- 2 Remove the biscuits from the oven ..... you see they're turning brown.
- 3 You should keep the fruit in the fridge ..... you want to eat it right now.

|                            |
|----------------------------|
| as long as   before   when |
|----------------------------|

- 4 Please remember to wash your hands ..... you touch the food.
- 5 I always get hungry ..... I watch one of those cooking programmes on television.
- 6 Josh will win the cooking competition ..... he doesn't get nervous.

### 4 Complete the sentences with the future continuous or future perfect of the verbs in the box. ( \_\_\_ / 8)

|                                                                            |
|----------------------------------------------------------------------------|
| achieve   (not) arrive   do   eat   finish   (not) do   (not) open   sleep |
|----------------------------------------------------------------------------|

- 1 Don't call me at 6 o'clock in the morning!  
I .....
- 2 I ..... my homework in an hour and then I'll call you.
- 3 This time tomorrow, I ..... something delicious.
- 4 What ..... you ..... by the time you are 30 years old?
- 5 The restaurant ..... before next month. They need more time to decorate it.
- 6 You can visit us later today. We ..... anything special.
- 7 I've ordered two cookery books but they ..... by Monday.
- 8 What ..... you ..... at 9 o'clock tonight?

5 Choose the correct option to complete the text. ( \_\_\_ / 6)

**What are we eating today?**

I had lunch just two hours ago but I'm so <sup>1</sup> ..... now that I can't think about anything else but food.  
 I can't wait to get home. <sup>2</sup> ..... I get there, my girlfriend and I will start cooking. My nutritionist has advised me to eat more fish, so today we're eating <sup>3</sup> ..... It's very easy to prepare. You just need to put it in the oven and check about 12 minutes later to see if it is ready. It's important to make sure that it is not <sup>4</sup> ..... in the middle and add two or three minutes if necessary. But if you keep it in the oven for too long, it will be overcooked and dry.  
 We're going to eat it in a mild sauce and with a simple green salad. My girlfriend isn't very good at cooking, so she usually <sup>5</sup> ..... the vegetables and does the washing-up.  
 I hope there won't be much traffic tonight. I hope that at 6 p.m. we <sup>6</sup> ..... a perfect home-cooked meal.

- |                      |              |                     |
|----------------------|--------------|---------------------|
| 1 A thirsty          | B tired      | C hungry            |
| 2 A As soon as       | B Unless     | C Before            |
| 3 A ham              | B tuna       | C beef              |
| 4 A rotten           | B stale      | C raw               |
| 5 A pours            | B freezes    | C chops             |
| 6 A will be enjoying | B will enjoy | C will have enjoyed |

## 1 THE GROWING PROBLEM OF OBESITY

Obesity levels in western countries are rising fast. In the United States, obesity rates have more than doubled in the last 30 years from about 14.5% to over 30%. Some people think that over half the population will be obese within a few years. In Britain, around 20% are obese, the largest percentage in Europe. This is mainly because we eat more but also because we get less exercise. Although food labelling shows us the number of calories we are consuming, we don't seem to take any notice. However, we should because obesity reduces our life expectancy and causes many other health problems. We need to alter our eating habits and eat more fresh products and less packaged food. We should cut down on salt, sugar and fat and cut out certain things, such as fizzy drinks and crisps, which have no nutritional value at all.

## 2 MINI-MIZE YOUR WEIGHT

These days, people have less time to create meals from fresh ingredients. We know that it would be better for us but we also know that pre-cooked or frozen meals are quick and tasty. Unfortunately, they are also full of calories and contain unhealthy levels of salt and sugar. That's why Mini-mize is such an important new product. Unlike most diet pills, Mini-mize don't make you feel bloated and they don't provide you with vitamins or minerals that you may be lacking. They don't need to. They allow you to eat all the food that you want but they then destroy the salt, sugar and fat in the blood. They have been endorsed by nutritionists and doctors as a way to improve our health. Mini-mize pills mean you can lose weight without worries – and all for the price of a large burger and fries a day!

## 3 WHO IS IN CHARGE?

We all know that obesity levels are rising and that people are eating the wrong things. We also know that, when governments want to act, they can. You only have to look at the laws to stop smoking in public places and the tax increases which have made smoking much less popular than it was. The same results could be achieved by similar taxes on fast food and fizzy drinks. Governments could also limit the number of fast food restaurants or bring in laws to reduce the amount of salt and sugar used in packaged foods. However, they don't do any of these things. Why not? Could it be because the food producers and supermarkets are too powerful? The biggest supermarkets sell most of our food and also control many of the supplies from farms and other food producers. If the government did threaten to change the law, these huge companies could bring the country to its knees very quickly.

- 1 The aim of text 1 is to
  - A encourage people to change their eating habits.
  - B criticise the lack of clear food labelling.
  - C compare obesity rates in Britain and the USA.
- 2 According to text 1, obesity rates in the USA
  - A won't get any higher.
  - B are over twice as high as in Britain.
  - C are over twice as high as they were 30 years ago.
- 3 The aim of text 2 is to
  - A warn people of the dangers of obesity.
  - B advertise a new product.
  - C recommend that people reduce the amount they eat.
- 4 Which of these does text 2 say?
  - A There is nothing wrong with pre-cooked meals.
  - B Other diet pills are not recommended by nutritionists.
  - C Mini-mize tablets work differently to other diet pills.
- 5 Text 3 is about
  - A how our eating habits are changing.
  - B why governments find it hard to control supermarkets.
  - C why taxes on food aren't as effective as those on cigarettes.
- 6 Text 3 does not talk about how governments
  - A could influence what we eat.
  - B have changed our smoking habits.
  - C have changed our eating habits.

**2 Find words or phrases in the text that mean: ( \_\_ / 6)**

- 1 change (text 1) .....
- 2 reduce (text 1) .....
- 3 very full (text 2) .....
- 4 without (text 2) .....
- 5 recommended (text 2) .....
- 6 defeat someone / something (text 3) .....

**3 Answer the questions in your own words. ( \_\_ / 3)**

- 1 How does text 1 explain Britain's obesity levels?

.....

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- 2 How are mini-mize pills different to most diet pills?

.....

.....

- 3 According to text 3, in what ways are the biggest supermarkets too powerful?

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