

END OF YEAR ASSESSMENT

JUNIOR 2

LA SALLE EXTRACURRICULAR PROGRAMME

READING COMPREHENSION SECTION

1 Read the article and choose the best title.

- a The Uni years
- b Ten top tips for student cooks
- c Learn to cook

2 Read the article again and choose the correct answer, A, B, C or D.

- 1 The tips are intended for young people who
 - A plan to study cooking at college.
 - B need to cook when they're away.
 - C want to cook for their families.
 - D plan to become vegetarians.
- 2 Before they leave home, students should
 - A borrow a lot of equipment from their parents.
 - B buy some new basic recipe books.
 - C think carefully about what they need to take.
 - D practise some adventurous meals to cook.
- 3 Sam Stern advises students to
 - A spend less money on socialising and more on food.
 - B shop in supermarkets because it's cheaper.
 - C avoid vegetarian food because it's expensive.
 - D try to relax as they cook, even if something goes wrong.
- 4 When talking about shopping, Sam Stern advises students to
 - A take turns to buy food with their housemates.
 - B go to supermarkets early in the day, before the cheaper products are sold.
 - C look out for cheaper named brands.
 - D always do their shopping together with a friend.
- 5 In Sam's opinion, cooking for a lot of people can
 - A be expensive.
 - B be a lot of fun.
 - C make a profit.
 - D cause a lot of stress.

3 Read the article again and choose from the sentences (1–6) the one which fits each gap (A–E). There is one extra sentence.

- 1 These can be expensive, but not if you share.
- 2 For example, a whole chicken is more expensive than pieces, but can make three or four other meals.
- 3 For the same reason, avoid shopping when you are hungry.
- 4 If you can't find anyone, follow the recipe carefully.
- 5 One way is to shop online.
- 6 I still make mistakes all the time.

4 Match the underlined phrases in the article with their definitions.

- 0 divide the bill split the cost
- 1 give you more for your money _____
- 2 a good use of your money _____
- 3 really change the situation _____
- 4 take only what you really need _____
- 5 learn the most important or simplest things about a topic _____

5 Complete the sentences with the phrases in Exercise 4.

- 0 Shall we share a pizza and salad and split the cost ?
- 1 We have to carry everything that we pack for this hiking trip, so please _____ .
- 2 Before you try skiing on your own, take some lessons and _____ .
- 3 Check the price online before you buy. Websites often _____ than shops.
- 4 If you turn down the heaters in your house, it will _____ to your electricity bills.
- 5 The juice maker was quite expensive, but _____ . We drink healthy juice almost every morning.

Chef Sam Stern, who has been writing about cooking since he was just fourteen, shares his cooking tips for students who are leaving their families soon and heading off to university.

- 1 Try and learn the basics before you leave home: you will know what recipes work for you and what equipment to take. There probably won't be much storage space in your student kitchen, so only take the essentials.
- 2 Get someone to cook with you if you haven't cooked before. A ___
- 3 Don't get stressed out if things go wrong; you will learn from it. B ___ The skill of a good cook is learning how to correct these mistakes.
- 4 Give yourself enough time and always read the recipe through before you start. Cooking in a relaxed environment is much easier. I find that listening to music always helps.
- 5 Look out for good places to shop – butchers' and greengrocers' can often offer better value and taste than supermarkets. They can also give you some great advice for what to do with the cheaper cuts of meat or more unusual vegetables.
- 6 Remember: vegetarian food is cheap and can be just as tasty. Many of the world's finest cuisines use only a little meat and yet are some of most creative and healthiest.
- 7 Put your money together with your housemates to create your kitchen store cupboard – herbs, spices, etc. C ___ They make a world of difference to the flavour of your meals, so are well worth the investment.
- 8 Great eating starts with wise shopping. If you make a plan before you head to the supermarket, you'll avoid making impulse buys. D ___ Shop at the end of the day as you will find the reduced section full, which means great bargains. Supermarket own brands can be better and cheaper than named brands. Remember to look for the products with the longest sell-by dates too. You can often find them by checking at the back of the shelves.
- 9 Plan food that will last for more than one meal if you can. E ___ A curry or a stew can last for days and is often cheap to make. The freezer is your friend!
- 10 Cooking with your friends and housemates is not only a great social event but also lets you split the cost. I'm a student, and every Tuesday night we have a dinner party for ten to fifteen people, with each person paying a few quid. As a result, we have wonderful huge roast dinners and lots and lots of laughs.

