

## Practice for the 2<sup>nd</sup> Test

### Vocabulary and reading task

Complete the interview with the adjectives in the box.

tasty    harmful    healthy    nutritious    fattening    artificial    fresh    filling

#### A radio interview with a chef at a school cafeteria (I: Interviewer, SR: Sam Reed)

**I** Good morning and welcome to Mike's Morning Show again! With us today is Sam Reed, chef at Syracuse High School. Can you tell us a little bit about your work, Sam?

**SR** Yes of course, I started working as a chef at Syracuse High three years ago. I was really shocked by the high number of overweight students there. When I saw the weekly menu, I knew why: lots of meals with too much fat, too much salt, too many sweet things. Desserts with 1..... flavours and food heated in the microwave every day.

**I** What did an average meal look like then? Can you give us an example?

**SR** Well, mini pizzas or mini sausages for starters. Then for the main course chicken nuggets, burgers, hot dogs, always served with French fries – any kind of fast food, you name it! And for dessert a chocolate muffin or donut.

**I** Why didn't the school offer 2..... meals?

**SR** A difficult question ... the kitchen staff probably hadn't ever thought about healthy options.

**I** So what were the reactions when you changed the menu and introduced 3..... meals with natural ingredients?

**SR** At first students were a bit unhappy. Soup and salad in your school dinner? Less meat? 4..... fruit for dessert? But it didn't take long before everybody understood the positive effects of a better diet.

**I** I paid a visit to your cafeteria last week and I really have to say that the dinner tasted excellent. I had tomato soup for starters, and then fish with rice and vegetables. And the mango yoghurt for dessert was also very 5.....

**SR** Thanks, that's just what I wanted to show everybody. Junk food is not only 6....., which means it makes you get very fat, it also doesn't taste good at all.

**I** What is your advice for our listeners? What does it take to prepare a healthy meal?

**SR** Always buy fresh things. Cook simple meals; that doesn't take a long time.

Broccoli pasta or rice with chicken are delicious. Don't eat microwave meals – they are usually very 7....., so they make you feel full for a long time. Junk food is very 8..... to your body and your health – so try not to eat it.

**I** Thank you for the interview, Sam, and thanks for talking to us today! Keep up the good work!

		T	F
1	Sam Reed has worked at the school cafeteria for four years now.		
2	There were some overweight students when he started to work there.		
3	An average meal consisted of fast food items such as mini pizzas, chicken nuggets, and donuts.		
4	People were very happy as soon as Sam Reed started to prepare the meals at Syracuse High.		
5	The interviewer loved the food offered at the cafeteria.		
6	Sam Reed's advice to the listeners is not to buy fresh things and to eat microwave meals.		