

Practice for the 2nd 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.		