

Skills Test Unit 3 Test

Everyday English

1 Complete the dialogue with sentences A–E.

- Emma** Hi Sue.¹ _____
Sue Yes, that would be great. ² _____
Emma *The Metal Man*.
Sue ³ _____ What time does it start?
Emma At six. ⁴ _____ We're going to have a pizza first.
Sue That's a good idea. ⁵ _____
Emma Yes, we have.
Sue Great! See you there.

- A Fantastic! My brother says it's a good film.
B Would you like to come to the cinema with us tonight?
C You've got tickets, right?
D We're meeting in front of the cinema.
E What are you going to see?

Mark: ____ / 5

Listening

2 Listen to the radio programme. Are the statements true (T) or false (F)?

- 1 The programme is about the best ways to save money on food shopping. ____
- 2 About half of British people grow their own food. ____
- 3 The 'Grow Your Own' project encourages people to take an interest in producing food. ____
- 4 The presenter says that there isn't much packaging in supermarkets. ____
- 5 The presenter gives the example of a fruit when he's talking about food miles. ____
- 6 Tim Harris rents an allotment from the local government. ____
- 7 He grows a lot of fruit, but not many vegetables. ____
- 8 He likes spending time with people working in allotments. ____
- 9 He says growing your own food is expensive. ____
- 10 He thinks more people should grow their own food. ____

Mark: ____ / 10

Reading

The healthy people of Okinawa island

Okinawa Island is the largest of a group of islands that lie in the Pacific Ocean, to the south of the rest of Japan. The people there are different from other Japanese people. For example, they have their own culture and language, although now only older people speak the Okinawan language. Okinawans also live longer than other Japanese people. In fact, they live longer than most people in the world. For every 100,000 people on the island, thirty-four live to be a hundred years old! In the USA, only ten people in 100,000 reach that age.

So, what is the secret of the long lives of the Okinawan people? Well, scientists believe it is because of their traditional diet. About forty years ago, Okinawans only ate food that they produced on the island. They ate a lot of green and yellow vegetables, and only a little meat. They loved pork, but they only ate it on special occasions, and they didn't eat many eggs or drink much milk. Although they lived by the sea, they only ate a little fish; unlike most Japanese people who ate, and still eat a lot! People who lived in Okinawa also didn't eat much rice. Unlike other Japanese people, they preferred to eat sweet potatoes, which don't have as many calories as rice. It seems that a lot of older Okinawans live to be a hundred because they grew up with a healthy, low-calorie, mostly vegetarian diet.

Scientists have discovered that elderly Okinawans rarely get diseases which kill a lot of people in other parts of the world. In the USA, for example, a lot of people die from heart disease, but on the island of Okinawa the number of people who develop heart problems is eight times less than in the USA.

What about the future? Will young people who are growing up on Okinawa now also live to be a hundred? The problem is that life on the island now is busier and more modern than it once was, and most young people there have the same choices and lifestyle as young people in the rest of Japan. As a result, Okinawan teenagers buy a lot of fast food and fizzy drinks, just like other Japanese teenagers, and they often eat rice and bread instead of sweet potatoes and vegetables. Okinawa is still mostly a healthy place to live, and the young people who live there have a healthier diet than teenagers in the rest of Japan and in other parts of the world, but it's not as different as it was a few years ago. So, it's possible that fewer people will celebrate their 100th birthdays in Okinawa in the future.

3 Read the text. Are the sentences true (T) or false (F)?

- 1 Everyone in Okinawa speaks a different language from other Japanese people. ____
- 2 A larger percentage of people in the USA live to be a hundred years old than people in Okinawa. ____
- 3 In the past, Okinawans produced all their own food. ____
- 4 Traditionally, Okinawan people ate a lot of vegetables in their diet. ____
- 5 About forty years ago, Okinawans didn't eat meat very often. ____
- 6 The diet of the people in Okinawa was the same as in other parts of Japan. ____
- 7 In the past, most Japanese people ate more rice than Okinawan people did. ____
- 8 More people get heart disease in Okinawa than in the USA. ____
- 9 These days, teenagers in Japan have a healthier diet than most Okinawans. ____
- 10 The author thinks that in the future, a smaller percentage of Okinawans will live to be a hundred. ____

Mark: ____ / 10

TOTAL MARKS: ____ / 25