

LISTENING CAE

PART 3

You will hear a discussion in which two food technology students, called Bill and Kelly, are talking with their tutor about the Mediterranean diet. For questions 15-20, choose the answer (A, B, C or D) which fits best according to what you hear.

- 15 What difficulty has Bill had with the term 'Mediterranean diet'?
- A There's little evidence of it in Mediterranean countries.
 - B It's used incorrectly by anti-ageing adverts.
 - C It means different things in different countries.
 - D Globalisation has influenced the original concept.
- 16 Why does the tutor mention bread and pasta?
- A to remind the students that lifestyles have changed
 - B to point out that these are common foods in most cultures
 - C to question the health claims for the Mediterranean diet
 - D to suggest that healthy food is usually simple
- 17 What point does Kelly make about olive oil?
- A Many people find it unappetising.
 - B It's too expensive for most people.
 - C It's said to be good for the heart.
 - D How it's manufactured is important.
- 18 Bill and Kelly agree that the Mediterranean diet is hard to follow because
- A many people have less time now to cook from scratch.
 - B many people prefer to have snacks rather than eating meals.
 - C advertising of processed food is prevalent.
 - D people have a natural love of sugar.
- 19 Bill thinks that people are happier when
- A they eat outdoors.
 - B they eat with others.
 - C they eat a balanced diet.
 - D they eat and then have a nap.
- 20 Kelly would like to do some research into
- A traditional recipes based on the Mediterranean diet.
 - B how the Mediterranean diet alters according to the season.
 - C the connection between the Mediterranean diet and memory.
 - D how the Mediterranean diet has been widely adopted in other countries.