**Name:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Class:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Dictation

1 [Track 8] Listen and write the sentences that you hear.

/12

Listening

2 [Track 9] You will hear four people talking about food. Choose from the list (A–G) what each speaker (1–4) says. Use the letters only once. There are three extra letters.

**Speaker 1 \_\_\_\_\_\_**

**Speaker 2 \_\_\_\_\_\_**

**Speaker 3 \_\_\_\_\_\_**

**Speaker 4 \_\_\_\_\_\_**

A The speaker says that good ingredients can’t guarantee a good meal.

B The speaker is advertising a restaurant.

C The speaker says that food is always better in restaurants.

D The speaker says that you can cook food until its sell-by date expires.

E The speaker says that cookery programmes are not usually helpful.

F The speaker is trying to persuade people to learn to cook.

G The speaker has recently helped to prepare a meal.

/8

Reading

3 Read the three texts. Choose the correct answer, A, B, C or D.

**1** The aim of Text 1 is to

A encourage people to change their eating habits.

B criticise the lack of clear food labelling.

C compare obesity rates in the USA with rates in other countries.

D give information about the causes of obesity.

**2** According to Text 1, obesity rates in the USA

A won’t get any higher.

B are over twice as high as in Britain.

C will go up over the next 30 years.

D are twice as high as they were 30 years ago.

**3** The aim of Text 2 is to

A warn people of the dangers of obesity.

B advertise a new product.

C warn people not to lose weight too quickly.

D recommend that people reduce the amount they eat.

**4** Which of these is true, according to Text 2?

A There is nothing wrong with pre-cooked and frozen meals.

B Mini-mize tablets are cheaper than other diet pills.

C Other diet pills are not recommended by nutritionists.

D Mini-mize tablets work differently to other diet pills.

**5** Text 3 is about

A how our eating habits are changing.

B why governments find it hard to control supermarkets.

C how difficult it was for governments to change our smoking habits.

D why taxes on food aren’t as effective as those on cigarettes.

/10

/30

Text 1

THE GROWING PROBLEM OF OBESITY

Obesity levels in western countries are rising fast. In the United States, obesity rates have more than doubled in the last 30 years from about 14.5% to over 30%. Some people think that over half the population will be obese within a few years. In Britain, around 20% are obese, the largest percentage in Europe. This is mainly because we eat more but also because we get less exercise. Although food labelling shows us the number of calories we are consuming, we don’t seem to take any notice. However, we should because obesity reduces our life expectancy and causes many other health problems. We need to alter our eating habits and eat more fresh products and less packaged food. We should cut down on salt, sugar and fat, and cut out certain things, such as fizzy drinks and crisps, which have no nutritional value at all.

Text 2

MINI-MIZE YOUR WEIGHT

These days, people have less time to create meals from fresh ingredients. We know that it would be better for us but we also know that pre-cooked or frozen meals are quick and tasty. Unfortunately, they are also full of calories and contain unhealthy levels of salt and sugar. That’s why Mini-mize is such an important new product. Unlike most diet pills, Mini-mize pills don’t make you feel full and they don’t provide you with vitamins or minerals that you may be lacking. They don’t need to. They allow you to eat all the food that you want but they then destroy the salt, sugar and fat in the blood. They have been recommended by nutritionists and doctors as a way to improve our health. Mini-mize means you can lose weight without worries – and all for the price of a large burger and fries a day!

Text 3

WHO IS IN CHARGE?

We all know that obesity levels are rising and that people are eating the wrong things. We also know that when governments want to act, they can. You only have to look at the laws to stop smoking in public places and the tax increases which have made smoking much less popular than it was. The same results could be achieved by similar taxes on fast food and fizzy drinks. Governments could also limit the numbers of fast-food restaurants or bring in laws to reduce the amount of salt and sugar used in packaged foods. However, they don’t do any of these things. Why not? Could it be because the food producers and supermarkets are too powerful? The biggest supermarkets sell most of our food and also control many of the supplies from farms and other food producers. If the government did threaten to change the law, these huge companies could bring the country to its knees very quickly.