

READING (Approx. 1 hour)

Part 1: FOOD

Part 1

Read the text and choose the best option.

1. What does Mary want Gina to do?

To Gina
From Mary
I phoned the restaurant and I reserved a table for two tonight. Can you pick me up on your way home from work?

- a) Reserve a table for tonight.
- b) Collect her after work.
- c) Find somewhere for them to eat.

2. What does the sign mean?



- a) The shop has closed permanently.
- b) The shop will open soon.
- c) The shop will reopen one day.

3. What does this person need Fred to do?

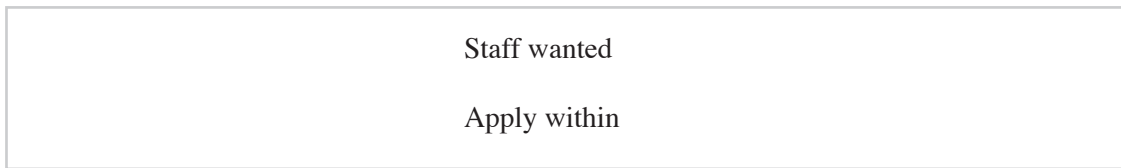
Hi Fred

I'll be late home today. Could you do the dishes?

I'll do your turn tomorrow.

- a) To do the dishes today.
- b) To do the dishes tomorrow.
- c) To do the dishes today and tomorrow.

4. What does this sign mean?



- a) If you want to work there, you should write.
- b) If you want to work there, you should phone them.
- c) If you want to work there, you should go in and ask.

5. What does this sign mean?



- a) The car park is for anyone.
- b) No one should park there except the disabled.
- c) The disabled cannot park there.

PART 2

These people want to go on out to eat. Below you can see details of different restaurants. Decide which place would be best for each person.

1. Reuben loves fish – any kind – and he likes eating out of doors whenever possible. He recently heard about a restaurant with its own fish farm.
2. Helen want to take her 2 – year-old grandson out for lunch. She’d also like to look around some shops for a short while too.
3. Laura is celebrating her 17th birthday in October and she wants to invite her friends somewhere she can afford. She loves to have a laugh and do ‘different’ things.
4. Steven is studying architecture so enjoys unusual buildings. He also wants somewhere he can take his girlfriend for a romantic dinner.
5. Watson is a detective during the day and a poet at night. He doesn’t like cooking so he usually eats out. Normally he eats very quickly so he can get back to work as soon as possible. His budget is very limited.

A. Vindaloo’s Lovengest

Vindaloo’s speciality curries are waiting for you – they are worth the price. This modern emporium of Indian cuisine is a perfect place for a night out with your partner or to celebrate with your friends. After 10pm we clear the tables and invite you to a Bollywood style disco - free for our dinner guests.

B. Sandy’s

We specialize in catering for the youngest so our menus have all their favourites: bangers and mash, spaghetti, fish fingers and chips. There are plenty of exciting options for adults to choose from too, of course. Take advantage of our supervised play area which offers you a break of up to 40 minutes.

C. The Library

Set in a Franciscan monastery just outside of town, this ancient building really has a special atmosphere. The beautiful hall still has the original bookshelves along the walls. Quiet music fills the arched ceilings while you enjoy simple but delicious dishes at candle-lit tables.

D. Dan’s Delight

This fantastic restaurant offers the best barbequed and grilled trout in the area. Enjoy relaxing at our shady tables drinking a cool beer beside the river while we literally catch your lunch for you! We have a wonderful selection of salads too!

E. The Churchyard

This fun eatery has recently moved to a new location: the chapel on Holmes Street. This converted church has lots of spooky surprises to offer - cobwebs cover the lights while ghosts pop out of unexpected places. The menu has some surprises too: try our delicious eye-ball burgers or the monster pancakes. Discounts for groups.

F. Toby’s Garden Centre

As part of our extended services we are pleased to offer you all-day breakfasts, excellent lunch-time menus and great afternoon teas. Just 2 miles out of town, we are the perfect place for a quick get-away with the girls or a rainy Saturday with the kids.

G. Victoria’s Secret

Victoria’s Secret is a lively café in Victoria Station. There’s always plenty going on here so you can do some people-watching while we prepare your deli sandwich, tasty wrap, or heat up your soup of the day. Excellent value for money with our ‘buy one get one free’ offer.

H. Caledonian Hotel

Great food at great prices. Traditional music on Saturday nights and OAPs special available at lunch times Monday-Friday. Our 1960s-style dining room offers you a trip back to the past but you’ll be surprised at how up-to-date our menu is. Meet up with your pals and have a pint at our Veteran’s Bar.

Part 3

Do you know what Fairtrade is?

It is a way to help farmers and producers in developing countries get a fair price for their products.

What is a 'fair' price?

A fair price is one that is enough for them to make a living. In other words, to feed and educate their children and themselves.

What is a Fairtrade certificate?

It is a certificate that proves that a product comes from a farm or factory where producers work in humane conditions and that the environment is being respected.

What do Fairtrade producers sell?

They sell many food products like cacao, coffee, tea and sugar, as well as flowers, cotton, wood and many other things from developing countries.

Fairtrade offers four important benefits for producers

1. Stable prices

For most products there is a Fairtrade Minimum Price. This will give farmers enough money to cover the costs of production even when prices fall on the world market.

2. A Fairtrade Premium

Producers get the Fairtrade price *plus* the premium - an extra amount of money given to the community. Producers decide democratically how to use it. They normally invest it in education, healthcare, farm improvements or processing facilities to increase their income and improve the quality of their lives.

3. Partnership

Through the Fairtrade International Board, producers can influence prices, premiums, standards and general strategy. In this way, they are involved in decisions that affect their future.

4. Giving a voice to farmers and workers

This is a goal of Fairtrade. Small farmer groups must have a democratic structure and transparent administration in order to be certified. Workers must be allowed to decide on the use of the Fairtrade Premium.

With Fairtrade everyone wins

Shoppers

Consumers all over the world can buy products that reflect their values and principles. By buying Fairtrade products you can support producers in developing countries. You know you are helping someone when you buy these products.

Environment

Environment Fairtrade producers have to use farming methods which are environmentally sustainable. They must protect water resources and virgin forests and monitor the effects of their farming on the local area. They cannot use certain types of chemicals or genetically modified organisms.

Read the text and decide if the following sentences are *true* or *false*.

1. Fairtrade helps people in developing countries to get a good deal.
2. Every producer who asks for a Fairtrade certificate will get one.
3. Fairtrade products are always food.
4. Sometimes the price for a product can be cheaper on the world market than the Fairtrade price.
5. The premium is used to make conditions better for the people.
6. Each individual farmer decides on the price he wants for his product.
7. To get the Fairtrade certificate producers must demonstrate they have a democratic system.
8. When we buy Fairtrade products, we are supporting many people in a community.
9. Fairtrade producers are allowed to harm the environment.
10. Genetically modified food is grown on Fairtrade farms.

Part 4

Read the text below and answer the questions. Choose the correct answer A, B, C or D.

Here are three common myths about fast food

Salads are healthier than hamburgers

Did you know that salads can have more calories than a medium-sized pizza? This is because of the cheese, meat, and oil they contain, which are not exactly low in calories. Not all salads are bad and it is true that most of them are healthier than hamburgers and chips, but be careful! To decide which salads are healthy and which are not, simply have a look at the fat, carb and salt contents of the salad you are about to order – that should help you decide if you want it or not! Tip: Always ask for a salad and the dressing separately. That way you can control how much you put on.

Eating lots of fast food will cause addiction

This is a hotly debated topic nowadays. Some people claim that fast food chains are intentionally putting addictive chemicals in their food to make people come back for more. Although the number of people going to fast food restaurants has rocketed over the past few years, this is not necessarily because of any secret addictive ingredient.

Fast Food Is unhealthy and Makes you fat

This myth is partially true but not because it is fast food. Any food consumed in large amounts will make you fat. It is also true that most fast food contains high amounts of fat (sauces, cheese and meat), sugar and lots of salt, which encourages you to drink more. If you drink water, then OK, but most fast food outlets sell soft drinks like Coca-Cola, Fanta, etc. These gassy drinks are extremely unhealthy because the soda 'eats' away your bones and they don't quench your thirst because they are full of sugar or sweeteners. Even the low calorie drinks are bad for you because of the soda.

1. **Salads can be surprisingly high in calories because ...**
 - a) there is too much salt in them.
 - b) the quality of the food is poor.
 - c) they have hidden ingredients.
 - d) they can have a lot of fats.

2. **The author suggests ...**
 - a) not having any salad dressing.
 - b) serving yourself the salad dressing.
 - c) choosing a different salad dressing.
 - d) taking low calorie dressing.

3. **She ... there are addictive ingredients in fast foods.**
 - a) doesn't believe that
 - b) isn't sure if
 - c) can't decide if
 - d) is convinced that

4. Fast food usually has lots of ...
- a) salt.
 - b) fat.
 - c) salt.
 - d) all of the above.
5. You quickly get thirsty again after a soda because ...
- a) it has too much gas.
 - b) it is sugary.
 - c) it has too many calories.
 - d) it doesn't have any water.

Part 5

Read the text and choose the correct word A, B, C or D for each gap. One example has been done for you.

My favourite thing **0** ^{for}..... breakfast is my mum's delicious zucchini pancakes. In winter she makes pumpkin pancakes that **1**..... great too. We don't **2**..... have time for pancakes on school days but at weekends I love to get up and make **3**..... for my family.

Anyway, they are really easy **4**..... make. Basically you mix up the dry ingredients in one bowl: flour, sugar, salt and cinnamon. Then in another bowl you **5**..... the eggs, oil and milk with the grated zucchini (or grated pumpkin). Slowly add the **6**..... ingredients to the wet ones and mix until smooth. Add some baking powder to make them light and fluffy.

Put a **7**..... oil on a big frying pan and when it's hot, put some spoonfuls of mixture onto the pan. Cook for 2-3 minutes until **8**..... and then turn them over.

I like to eat **9**..... with yogurt and strawberries or with jam and cream. My sister likes hers with cream cheese and ham! They are so versatile and so delicious. If you have any **10**..... over, you can freeze them or put them in a tupper dish. They are great toasted too.

- | | | | |
|---------------|--------------|-----------|-------------|
| 1. A. are | B. is | C. make | D. tasting |
| 2. A. never | B. sometimes | C. often | D. hardly |
| 3. A. it | B. they | C. their | D. them |
| 4. A. me | B. for | C. that | D. to |
| 5. A. combine | B. push | C. break | D. complete |
| 6. A. fat | B. dry | C. sweet | D. dull |
| 7. A. little | B. few | C. bit | D. lot |
| 8. A. golder | B. goldy | C. golden | D. gold |
| 9. A. me | B. mines | C. my | D. mine |
| 10. A. taken | B. given | C. left | D. gone |

Answer Key

READING

Part 1

1. b
2. c
3. a
4. c
5. b

Part 2

1. D
2. B
3. E
4. C
5. G

Part 3

1. T
2. F
3. F
4. T
5. T
6. F
7. T
8. T
9. F
10. F

Part 4

1. d
2. b
3. a
4. d
5. b

Part 5

1. a
2. c
3. d
4. d
5. a
6. b
7. a
8. c
9. d
10. c