

**PANCYPRIAN EXAMS  
HOTEL & CATERING SCHOOLS  
LISTENING COMPREHENSION**

**Young People’s Eating Habits**

You are going to listen to Linda and Dr. Ross talking about the eating habits of young people today.

**Do PART A: Exercises I & II**

**PART A:**

**(5 MARKS)**

**I. Tick (✓) the unhealthy food young people eat today according to the text:**

**(5 x 0,5 = 2,5 marks)**

|              |       |
|--------------|-------|
| 1. processed | ..... |
| 2. fried     | ..... |
| 3. fast      | ..... |
| 4. prepacked | ..... |
| 5. grilled   | ..... |
| 6. instant   | ..... |
| 7. packaged  | ..... |

**II. Tick (✓) T for True and F for False:**

**(5 x 0,5 = 2,5 marks)**

| Young people:                          | T | F |
|--|---|---|
| 1. might eat a doughnut for breakfast. |   |   |
| 2. prefer socializing to eating lunch. |   |   |
| 3. mostly enjoy snacks for lunch.      |   |   |
| 4. eat spaghetti for dinner.           |   |   |
| 5. drink light soft drinks.            |   |   |

**Second Listening:** The second listening will be in three sections.  
Follow the instructions for each section.

**PART B:**

**(7 MARKS)**

- **Listen to SECTION ONE and do Exercise I.**

**I. Choose the best answer a, b or c. (4 x 0,5 = 2 marks)**

- 1. Dr. Ross is a ..... .
  - a. doctor
  - b. dietician
  - c. dentist
- 2. Fast food restaurants are ..... .
  - a. cheap and luxurious
  - b. cheap and noisy
  - c. cheap and cosy
- 3. Fast food restaurants are full of ..... people.
  - a. young
  - b. middle aged
  - c. old
- 4. Today, parents do not have the time to prepare ..... and nutritious meals for their family.
  - a. healthy
  - b. tasty
  - c. fancy

- **Listen to SECTION TWO and do Exercise II.**

**II. Use only ONE word to complete the text. (6 x 0,5 = 3 marks)**

Supermarkets today are filled with prepacked, instant **1. ....** For example, you can get **2. ....** potatoes in a packet, **3. ....** or packaged foods such as lasagna, meat **4. ....** and many others. Even home **5. ....** meals might not be that **6. ....**

- **Listen to SECTION THREE and do Exercise III.**

**III. Answer the following questions. Use short answers. (4 x 0,5 = 2 marks)**

- 1. What are burgers, fries and hotdogs called? .....
- 2. Is white bread used for sandwiches? .....
- 3. When do young people eat biscuits or crisps? .....
- 4. Do young people eat healthier food today? .....

**PART C:**

**(16 X 0,5 = 8 MARKS)**

**Using only ONE word complete the passage below to summarise the dialogue between Linda and Dr. Ross.**

Dr. Ross, a dietician at the local hospital, is talking about the eating habits of young people. He says that, unfortunately, most of them have very unhealthy **1** ..... habits. They eat more processed **2** ..... than ever before. They choose **3** ..... food restaurants for the obvious reasons: they are cheap and noisy, filled with people of their age. Moreover, their parents don't often have the time to prepare healthy and nutritious **4** ..... for their families. In addition to this, supermarkets are filled with prepacked, instant food, for example, mashed **5** ..... to which you just add water, and tinned or **6** ..... foods such as lasagna and **7** ..... pies.

Another fact is that there are no regular meal times. Most people skip **8** ..... or eat toast and jam, a doughnut or croissant. Lunch is also a problem. Many people use their lunch **9** ..... to socialize. The most popular food at lunch time are snacks, such as burgers, fries, hotdogs or **10** ..... made with white bread, plenty of mayonnaise or **11** ..... and processed food.

After school most young people are **12** ..... so they eat a lot of biscuits, **13** ..... or other unhealthy snacks. If they end their day with a meal of **14** ..... or some other ready made food, they have not had anything **15** ..... or nutritious all day long. Combined with **16** ..... soft drinks, their diet is very unhealthy!