

**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.		

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!