

KEY

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
b. dietician
2. Fast food restaurants are
b. cheap and noisy
3. Fast food restaurants are full of people.
a. young
4. Today, parents do not have the time to prepare and nutritious meals for their family.
a. healthy

- 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. food**. For example, you can get **2. mashed** potatoes in a packet, **3. tinned** or packaged foods such as lasagna, meat **4. pies** and many others. Even home **5. cooked** meals might not be that **6. nutritious**.

- 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? (They are called) snacks.
2. Is white bread used for sandwiches? Yes, (it is.)
3. When do young people eat biscuits or crisps? After school. /
(When they are hungry.)
4. Do young people eat healthier food today? No, (they don't.)

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. eating** habits. They eat more processed **2. food** than ever before. They choose **3. fast** 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. meals** for their families. In addition to this, supermarkets are filled with prepacked, instant food, for example, mashed **5. potatoes** to which you just add water, and tinned or **6. packaged** foods such as lasagna and **7. meat** pies.

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

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