Article (A, an, the)

I am …an… artist.

I have completed …an… M.A

I am studding in …a.. University

The man

The organisation

**Food and Diet: Sample questions and answers for IELTS speaking exam**

Part 1

1. **Can you cook?**

-Oh yes, I love to cook. Honestly, I don’t think I can cook very well but I always try my best. I consider it one of my hobbies.

1. **Who does the cooking in your family?**

-My mom does. Sometimes my older sister cooks for **dinner**. On weekends, I sometimes cook too.

1. **What is your main meal in the day?**

– Well, I can say,**lunch** is my main meal. I usually skip **breakfast** and I just have light **dinner**.

1. **On what occasions do you eat special foods?**

I eat special foods on special occasions like birthday parties, weddings, New Year and etc. Even on small and simple gatherings, there are special foods too

1. **Which foods from your country do most foreign people enjoy?**

-I think foreign people are always eager to try local and exotic foods. Tourists and foreigners eat our local and traditional foods in my country.

1. **On what occasions do you eat special foods?**

-No, not very much. Aside from being **unhealthy**, I am not fond of salty foods.

Part 2

**Talk about your favorite food. You should say:**

* + **what the food is**
  + **what it is made of**
  + **why you like it**

**and explain why it is your favorite food**

There are a lot of foods I like. It is quite difficult to think of one. So, let me talk about a popular menu in my country which is one of my **favorite** foods also. It is **steamed/plain** rice and chicken adobo. “Adobo” is the local name. Adobo can be **beef, pork, chicken, fish or even vegetables** but I like the chicken adobo particularly.

I will talk about how I cook my very own chicken adobo. A small amount of oil is placed in a heated **pan**. Then, sauté (fried quickly in a little hot fat) garlic until it turns golden brown. Add in onions. Add the chicken and sauté until it turns a little brown. Pour in about 2 cups of water and **let it boil**. After about 30 minutes, add about 2 spoonful of sugar, whole peppercorns and **let it simmer**. Then add about one fourth cup of so sauce and let it boil for about 5 minutes. Then it is done and ready to be served. You may also add some vegetables like potatoes or fruits like banana or pineapple.  
I like it because it is easy to prepare and it is very **delicious**. I am not quite sure about its **nutritional benefits** but I am sure that we can get some nutrients in it too, especially if vegetables are added.  
This **recipe** is common in my country and I eat it about three to four times a week. I like it because it does not require much effort to prepare and it is also not expensive.

Part 3

1. **Tell me about the types of food that people eat in your country (What foods are popular in your country?**

In my country, the Philippines, rice is a staple food. We eat rice for breakfast, lunch and dinner. Rice comes with different kinds of viand (piece of food, or a tasty dish) such as pork, beef or chicken cooked with vegetables or fruits and other ingredients. Since my country is located in the tropics, tropical fruits are also popular here especially mangoes. They say that the best mangoes can be found in the Philippines. We also like to eat bread for breakfast or for snacks.

1. **How are the eating habits now in your country different from eating habits in the past?**

I think people’s eating habits have changed in the past years. Nowadays, there are already a lot of fast food restaurants. Processed foods have become popular as well. I think people these days don’t eat as much healthy foods compared in the past. Also, I think people in the past are more concerned of eating at the right time. However, nowadays, people tend to skip meals because of several reasons such as dieting, busy schedules and etc.

1. **How healthy is your country’s food?**

It is the choice of the people whether to eat healthy or unhealthy food. In my country, there are many choices of healthy food especially vegetables and fruits. However, I don’t think that people eat much healthy foods nowadays because of the presence of fast food and processed foods. Also, many dishes in my country is usually greasy and salty which I think are not very healthy.

**Key vocabulary: Definitions and examples**

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**WORD**

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**DEFINITION**

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**EXAMPLE**

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dinner

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the meal itself, usually eaten at midday or in the evening (typically the largest meal of the day)

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Sometimes my older sister cooks for **dinner**.

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lunch

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a meal, usually eaten around the middle of the day (12 – 2pm) and usually not as large or heavy as the evening meal

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I can say,**lunch** is my main meal.

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breakfast

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he first meal you have in the morning

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**Breakfast** consisted of fresh fruit , yoghurt , home-cooked bread and croissants as well as jams.

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Exotic foods

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food from faraway place or striking and unusual in appearance or taste

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I think foreign people are always eager to try local and **exotic foods.**

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staple food

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a basic food or product that people eat or use regularly

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In my country, the Philippines, rice is a **staple food**.

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favorite food

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preferred to all other

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Let me talk about a popular menu in my country which is one of my **favorite foods** also.

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Plain

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simply cooked

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I’d love a nice cup of tea, with a **plain** biscuit.

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beef

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meat from a cow

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Cut the **beef** , which must be absolutely free of all fat and gristle.

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Pork

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Meat from a pig

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Jews and Muslims do not eat**pork**.

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Chicken

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A domestic fowl (bird) kept for its eggs or meat, especially a young one

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Most of us think we are familiar with the sounds of the domestic **chicken**.

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fish

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a limbless cold-blooded vertebrate animal with gills and fins and living wholly in water

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I just had to catch a **fish**.

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Vegetables

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a plant or plant part eaten as food

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Consider growing your own **vegetables** – many varieties can be grown in small gardens

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pan

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a container made of metal and used for cooking food in

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Heat the butter in the same **pan**, when it has melted add the sugar and leave on heat.

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onions

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an edible bulb (vegetable) with a pungent taste and smell, composed of several concentric layers, used in cooking

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Place the steaks in a shallow dish with the sliced **onion**, garlic and red wine.

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To pour

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to cause (a liquid) to flow somewhere from a container

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**Pour** the mixture into the two flan dishes.

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spoon

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a utensil consisting of a small shallow bowl at the end of a handle

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There were three silver **spoons** placed in a row on the table.

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To simmer

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to cook something slowly, near boiling point

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After about 30 minutes, add about 2 spoonful of sugar, whole peppercorns and let it **simmer.**

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Nutritional benefits

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An advantage gained from substances that are essential for good health and growth

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I am not quite sure about its **nutritional benefits**.

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Doesn’t take long

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does not require mush time

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It **doesn’t take long** for me to do cook breakfast for myself.

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roasted vegetables

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vegetables (such as potatoes, cabbages, carrots etc ) cooked by prolonged exposure to heat in an oven or over a fire

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Follow the recipe to make perfect **roasted vegetable**.

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Balanced portion

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An amount arranged in good proportions

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Every pack is a perfectly**balanced portion**.

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Canned beans

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Beans preserved or supplied in a sealed can

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**Canned beans** cost about two times more than dried beans.

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Easy to store

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Easy to collect and put sth somewhere

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Root crops are pretty **easy to store**.

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Cereals

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Breakfast food made from roasted grain, typically eaten with milk

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I sit down in the armchair and eat my **cereals**.

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Seasonings

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salt, pepper or spices added to food

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The Brazilian people use a variety of **seasonings** in their cooking and have many regional signature dishes.

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Sugar

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Crystalline substances used as a sweetener in food and drink

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Jam is made from fruit and **sugar.**

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fats

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a natural oily or greasy substance occurring in animal bodies, especially when deposited as a layer under the skin or around certain organs

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Research now shows that eating enough **fat** is also important.

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proteins

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proteins are required for the structure, function, and regulation of the body’s cells (sources: beef, poultry, fish, eggs, dairy products, nuts, seeds)

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high **protein** diets, with low vegetable intake, contribute to osteoporosis

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Carbohydrates

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provide body with energy (potatoes, grains, cakes and cookies)

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Be careful not to accompany your chosen **carbohydrate** with large quantities of fat

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nutrient

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a substance that provides nourishment essential for growth and the maintenance of life

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Fish is a source of many important **nutrients**, including protein, vitamins, and minerals.

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To get obese

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to become grossly fat or overweight

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People tend **to get obese** as they get older.

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Health awareness

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Knowledge or perception of how to maintain the state of being free from illness or injury

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The global organic food and beverage market has witnessed growth in recent times due to increasing consumer**health awareness.**

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Prone to addiction

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Likely to or liable to suffer from condition of being addicted to a particular substance, thing, or activity

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You may be **prone to addiction** to foods with excess sugar.

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Feeling of being full

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Not wanting to eat any more because you have eaten a lot

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I have noticed lately though that I enjoy the **feeling of being full.**

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High amounts

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large quantity of something

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**High amounts** of salt are still lurking in everyday foods.

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Addicting effect

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a change resulting in being addicted to a particular substance, thing, or activity

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Some research suggests sugar may have an **addicting effect** on the brain

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To contain additives

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To have or hold substance added to something in small quantities, typically to improve or preserve it

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Low-fat mayonnaise generally **contains additives** to compensate for the lack of flavor.

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https://thetesttaker.com/wp-content/plugins/advanced-wp-columns/assets/js/plugins/views/img/1x1-pixel.png

to resist temptation

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to withstand a desire to do something

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It can be helpful to know the different ways **to resist temptation** when it comes to food.

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Snack

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a small amount of food eaten between meals

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Buy pre-cut fresh , crunchy vegetables for a quick **snack**.

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https://thetesttaker.com/wp-content/plugins/advanced-wp-columns/assets/js/plugins/views/img/1x1-pixel.png

Health consciousness

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Being aware of how to maintain the state of being free from illness or injury

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Researchers say global diets are changing to incorporate more plant. “That’s resulting in an increased focus on **health consciousness** in diet”.

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To gain a lot of weight

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To get obese [fat]

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It is not possible **to gain a lot of weight** over the course of one night.

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delicious/tasty

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having a good taste

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Her recipes are gluten, dairy and sugar free and yet are deliciously **tasty** .

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enjoy food

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derive pleasure from the act of eating food

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Research shows that people who **enjoy food** more eat less because they feel satisfied

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delicacy

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something that is good to eat

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The French were the first to consider geese a culinary **delicacy**.

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diet

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range of food that is usually eaten

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Undeniably, fresh fruit is an important part of our **diet.**

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organic food

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food that is produced without using harmful chemicals

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**Organic food** is much too expensive.

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vegetarian food

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food that does not contain meat

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I’m a strict vegetarian right from my birth and I don’t even know the taste of non **vegetarian food**.

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processed food

https://thetesttaker.com/wp-content/plugins/advanced-wp-columns/assets/js/plugins/views/img/1x1-pixel.png

food that has chemicals in it to make it last a long time

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The term ‘**processed food**‘ applies to any food that has been altered from its natural state

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junk food

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food that is full of sugar or fat, and is bad for your health

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The less **junk food** you eat, the less you want

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fast food

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food such as hamburgers, which is prepared quickly and which you can take away with you to eat

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For one month, I ate nothing but **fast food.**

**Word Formation**

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**WORD**

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**PART OF SPEECH**

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**EXAMPLE**

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to digest

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verb

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We always use a probiotic which helps it digest food properly.

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digestive

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adjective

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Maintaining digestive system health is essential, as it turns foods into nourishment.

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digestion

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noun

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There are two main types of protease enzymes involved in human digestion.

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nutrient

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noun

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Fish is a source of many important nutrients, including protein, vitamins, and minerals.

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nutritious

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adjective

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Organic growers deliver safe, nutritious food whilst preserving the environment for future generations.

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nutrition

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noun

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Nutrition and exercise are essential to fitness and health.

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fat

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noun

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Research now shows that eating enough fat is also important.

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fatty

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adjective

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Eating fatty meat increases your chances of having a heart attack or developing cancer.

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to taste

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verb

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I notice I can now smell and taste chemical additives in some foods in a rather unpleasant manner.

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taste

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noun

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Smell and taste must be employed to help you judge what you’re buying

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tasty

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adjective

https://thetesttaker.com/wp-content/plugins/advanced-wp-columns/assets/js/plugins/views/img/1x1-pixel.png

Her recipes are gluten, dairy and sugar free and yet are deliciously tasty

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diet

https://thetesttaker.com/wp-content/plugins/advanced-wp-columns/assets/js/plugins/views/img/1x1-pixel.png

noun

https://thetesttaker.com/wp-content/plugins/advanced-wp-columns/assets/js/plugins/views/img/1x1-pixel.png

Undeniably, fresh fruit is an important part of our diet.

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https://thetesttaker.com/wp-content/plugins/advanced-wp-columns/assets/js/plugins/views/img/1x1-pixel.png

dietary

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adjective

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Only in more recent years have our dietary habits changed

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to diet

https://thetesttaker.com/wp-content/plugins/advanced-wp-columns/assets/js/plugins/views/img/1x1-pixel.png

verb

https://thetesttaker.com/wp-content/plugins/advanced-wp-columns/assets/js/plugins/views/img/1x1-pixel.png

Most people who actively diet usually end up piling weight back on.

**Collocations**

http://electrbr.bget.ru/wp-content/plugins/advanced-wp-columns/assets/js/plugins/views/img/1x1-pixel.png

https://thetesttaker.com/wp-content/plugins/advanced-wp-columns/assets/js/plugins/views/img/1x1-pixel.png

good

delicious

tasty

fresh

healthy

nutritious

plain

spicy

salty

exotic

fatty

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adverb+

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food

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consume

eat

have

enjoy

like

be off

go off

avoid

cut down on

cut out

offer

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verb+

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food

https://thetesttaker.com/wp-content/plugins/advanced-wp-columns/assets/js/plugins/views/img/1x1-pixel.png

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balanced

good

healthy

sensible

adequate

bad

poor

unhealthy

staple

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adjective+

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diet

https://thetesttaker.com/wp-content/plugins/advanced-wp-columns/assets/js/plugins/views/img/1x1-pixel.png

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eat

have

live on

survive on

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verb+

https://thetesttaker.com/wp-content/plugins/advanced-wp-columns/assets/js/plugins/views/img/1x1-pixel.png

diet

https://thetesttaker.com/wp-content/plugins/advanced-wp-columns/assets/js/plugins/views/img/1x1-pixel.png

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strict

slimming

weight-loss

weight-reducing

low-calorie

restricted

special

gluten-free

high/low-fibre

high/low-protein

low-fat

salt-free

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adjective+

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diet

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good

perfect

sure

delicious

tasty

favourite

basic

easy

simple

complicated

classic

old

original

traditional

secret

special

vegetarian

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adjective

https://thetesttaker.com/wp-content/plugins/advanced-wp-columns/assets/js/plugins/views/img/1x1-pixel.png

recipe

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cook

make

read

follow

stick to

use

discover

find

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verb+

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recipe

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green

leafy

root

salad

cooked

raw

fresh

frozen

tinned

organic

early

seasonal

spring

summer

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adjective+

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vegetable

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eat

have

boil

cook

overcook

steam

stir-fry

chop

peel

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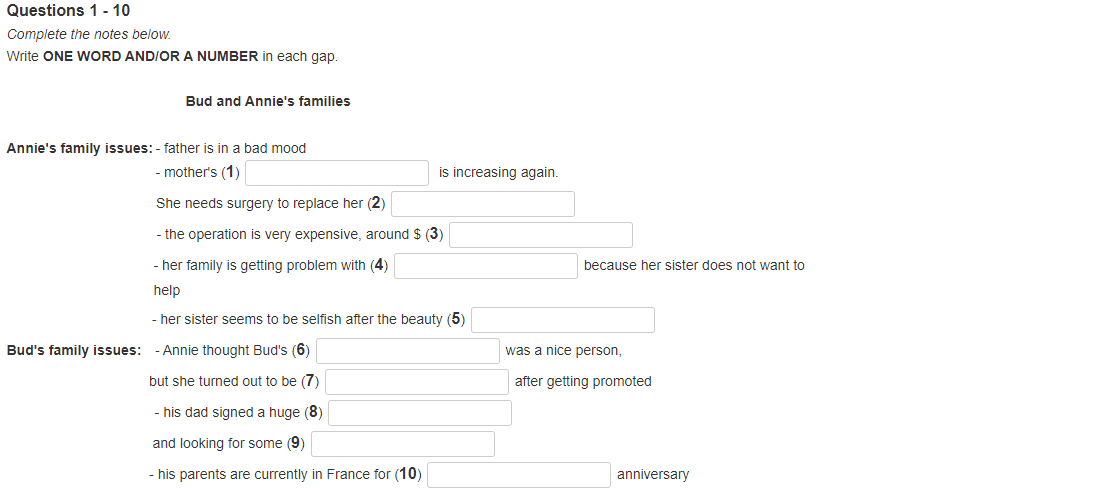
verb+

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vegetable

READING AND LISTENING



****

**SECTION 1. QUESTIONS 1-10**

A Japanese girl and a housing officer are talking about her homestay family.

**QUESTIONS 1-5**

The housing officer takes some details from the girl. Complete the following form with **NO MORE THAN THREE WORDS AND/OR A NUMBER** for each answer.

****

|  |  |
| --- | --- |
| **PERSONAL DETAILS FOR HOMESTAY APPLICATION** | |
| First name | **1.** |
| Family name | Yuichini |
| Gender | Female |
| Age | 28 |
| Passport number | **2.** |
| Nationality | Japanese |
| Course enrolled | **3.** |
| Length of the course | **4.** |
| Homestay time | **5.** |

**Question 6**

Mark **TWO**letter that represent the correct answer.

**6.**Which kind of family does the girls prefer?

 **A** A big family with many young children

 **В** A family without smoker or drinkers

 **С** A family without any pets

 **D** A family with many animals or pets

**Question 7**-**10**

Fill in the blanks with **NO MORE THAN THREE WORDS**for each answer.

**7.**Although the girl is not a vegetarian, she doesn't eat a lot of meat. Her favourite food is  .

**8.**The girls has given up playing handball. Now, she just play  with her friends at weekends.

**9.**The girl does not like the bus because they are always late. She would rather  .

**10.**The girl can get the information about the homestay family that she wants  .

## Questions 1-10

Complete the notes below.

Write ***ONE WORD AND/OR A NUMBER*** for each answer.

#### FAMILY EXCURSIONS



Cruise on a lake

Example

•    Travel on an old.........steamship.........

•    Can take photos of the **1** that surround the lake

**Farm visit**

•    Children can help feed the sheep

•    Visit can include a 40-minute ride on a **2**

•    Visitors can walk in the farm’s **3** by the lake

•    **4** is available at extra cost

**Cycling trips**

•    Cyclists explore the Back Road

•    A **5** is provided

•    Only suitable for cyclists who have some **6**

- Bikes can be hired from **7**(near the Cruise Ship Terminal)

•    Cyclists need:

- a repair kit

- food and drink

- a **8** (can be hired)

•    There are no **9** or accommodation in the area

**Cost**

•    Total cost for whole family of cruise and farm visit: **10** $

Nurturing talent within the family



What do we mean by being ‘talented’ or ‘gifted’? The most obvious way is to look at the work someone does and if they are capable of significant success, label them as talented. The purely quantitative route - ‘percentage definition’ - looks not at individuals, but at simple percentages, such as the top five per cent of the population, and labels them - by definition - as gifted. This definition has fallen from favour, eclipsed by the advent of IQ tests, favoured by luminaries such as Professor Hans Eysenck, where a series of written or verbal tests of general intelligence leads to a score of intelligence.

The IQ test has been eclipsed in turn. Most people studying intelligence and creativity in the new millennium now prefer a broader definition, using a multifaceted approach where talents in many areas are recognised rather than purely concentrating on academic achievement. If we are therefore assuming that talented, creative or gifted individuals may need to be assessed across a range of abilities, does this mean intelligence can run in families as a genetic or inherited tendency? Mental dysfunction - such as schizophrenia - can, so is an efficient mental capacity passed on from parent to child?

Animal experiments throw some light on this question, and on the whole area of whether it is genetics, the environment or a combination of the two that allows for intelligence and creative ability. Different strains of rats show great differences in intelligence or ‘rat reasoning’. If these are brought up in normal conditions and then mn through a maze to reach a food goal, the ‘bright’ strain make far fewer wrong turns that the ‘dull’ ones. But if the environment is made dull and boring the number of errors becomes equal. Return the rats to an exciting maze and the discrepancy returns as before - but is much smaller. In other words, a dull rat in a stimulating environment will almost do as well as a bright rat who is bored in a normal one. This principle applies to humans too - someone may be born with innate intelligence, but their environment probably has the final say over whether they become creative or even a genius.

Evidence now exists that most young children, if given enough opportunities and encouragement, are able to achieve significant and sustainable levels of academic or sporting prowers. Bright or creative children are often physically very active at the same time, and so may receive more parental attention as a result - almost by default - in order to ensure their safety. They may also talk earlier, and this, in turn, breeds parental interest. This can sometimes cause problems with other siblings who may feel jealous even though they themselves may be bright. Their creative talents may be undervalued and so never come to fruition. Two themes seem to run through famously creative families as a result. The first is that the parents were able to identify the talents of each child, and nurture and encourage these accordingly but in an even-handed manner. Individual differences were encouraged, and friendly sibling rivalry was not seen as a particular problem. If the father is, say, a famous actor, there is no undue pressure for his children to follow him onto the boards, but instead their chosen interests are encouraged. There need not even by any obvious talent in such a family since there always needs to be someone who sets the family career in motion, as in the case of the Sheen acting dynasty.

Martin Sheen was the seventh of ten children born to a Spanish immigrant father and an Irish mother. Despite intense parental disapproval he turned his back on entrance exams to university and borrowed cash from a local priest to start a fledgling acting career. His acting successes in films such as Badlands and Apocalypse Now made him one of the most highly-regarded actors of the 1970s. Three sons - Emilio Estevez, Ramon Estevez and Charlie Sheen - have followed him into the profession as a consequence of being inspired by his motivation and enthusiasm.

A stream seems to run through creative families. Such children are not necessarily smothered with love by their parents. They feel loved and wanted, and are secure in their home, but are often more surrounded by an atmosphere of work and where following a calling appears to be important. They may see from their parents that it takes time and dedication to be master of a craft, and so are in less of a hurry to achieve for themselves once they start to work.

The generation of creativity is complex: it is a mixture of genetics, the environment, parental teaching and luck that determines how successful or talented family members are. This last point - luck - is often not mentioned where talent is concerned but plays an undoubted part. Mozart, considered by many to be the finest composer of all time, was lucky to be living in an age that encouraged the writing of music. He was brought up surrounded by it, his father was a musician who encouraged him to the point of giving up his job to promote his child genius, and he learnt musical composition with frightening speed - the speed of a genius. Mozart himself simply wanted to create the finest music ever written but did not necessarily view himself as a genius - he could write sublime music at will, and so often preferred to lead a hedonistic lifestyle that he found more exciting than writing music to order.

Albert Einstein and Bill Gates are two more examples of people whose talents have blossomed by virtue of the times they were living in. Einstein was a solitary, somewhat slow child who had affection at home but whose phenomenal intelligence emerged without any obvious parental input. This may have been partly due to the fact that at the start of the 20th Century a lot of the Newtonian laws of physics were being questioned, leaving a fertile ground for ideas such as his to be developed. Bill Gates may have had the creative vision to develop Microsoft, but without the new computer age dawning at the same time he may never have achieved the position on the world stage he now occupies.

## 

*Do the following statements agree with the claims of the writer in Reading Passage 3?*

*In boxes****8-12****on your answer sheet write*

***YES****if the statement agrees with the writer s claims*

***NO****if the statement contradicts the writers claims*

***NOT GIVEN****if it is impossible to say what the writer thinks about this*

**8**      Intelligence tests have now been proved to be unreliable.

**9**      The brother or sister of a gifted older child may fail to fulfil their own potential.

**10**      The importance of luck in the genius equation tends to be ignored.

**11**      Mozart was acutely aware of his own remarkable talent.

**12**      Einstein and Gates would have achieved success in any era.

**You should spend about 20 minutes on Questions 1-14 which are based on Reading Passage.**

**Work-Family Dynamic**

**A.** Political and family values within society have impacted upon the modern family structure. Traditionally, it has been the man’s role to be the breadwinner for the family – providing the funds to pay for food and shelter. However, due to the many new and unique responsibilities placed upon families, in numerous cases both men and women – fathers and mothers – have had to enter the workforce. Generally, the reasons for both being involved in the workforce revolve around the need to add to the family’s current financial base. To a lesser extent, the need to interact with ‘adults’ in a stimulating work environment is another popular reason. Whatever their reasons, for many families, the decision for father and mother to go out of the home and join the labour force has led to a number of side effects within the home which, in turn, impact upon their performance as employees.  
  
**B.** Many researchers agree that attitudes towards work are carried over into family life. This spillover can be positive or negative. Positive spillover refers to the spread of satisfaction and positive stimulation at work resulting in high levels of energy and satisfaction at home. If the amount of research is to be taken as an indication, it would seem that positive spillover is not a dominant occurrence in the workplace with most research focussing on the effects of negative spillover. Often pointing out the incompatible nature of work and family life, the research focuses on problems and conflict at work which has the effect of draining and preoccupying the individual, making it difficult for him or her to participate fully in family life.  
  
**C.** Social scientists have devised a number of theories in an attempt to explain the work-family dynamic. Compensation theory is one which has been widely used. It assumes that the relationship between work and family is negative by pointing out that high involvement in one sphere – invariably the work sphere – leads to low involvement in the other. As an individual advances within a career, demands typically fluctuate from moderate to more demanding and if the advancing worker has younger children, this shift in work responsibilities will usually manifest itself in the form of less time spent with the family. Researchers subscribing to this theory point out that the drain on family time is significantly related to work-family conflict with an escalation in conflict as the number of family members increase.  
  
**D.**The human state is one of change. In exploring the work-family dynamic it can be clearly seen that as the pattern of adult development for men and women differs and as family and career demands fluctuate, individuals may link work and family roles differently at different stages of their life. Hence, the relationship between work and family is constantly changing over a person’s life. The developmental approach therefore adopts a psychological- developmental framework to explore the dynamics of the relationship between individual, family, and career developments in the life-span of a worker.  
  
**E.** Interpersonal ‘climates’ influence motivation of family and work-related activities. Within the family, the feeling of being valued by one’s partner directly affects a person’s self-determination, while at the same time within the workplace, the feeling of being ‘autonomy-supported’ by one’s employer has been shown to have a positive effect on one’s self-determined motivation towards wfork-related activities. Studies built on the theory of self-determination therefore point out that if people have abundant levels of self-determination, participation in those areas will most often result in desirable outcomes.  
  
**F.** Segmentation theory proposes that work and family are actually two entirely separate domains and individuals are able to maintain a clear demarcation between the two. Theorists subscribing to this view maintain that emotions, attitudes and behaviours enlisted in the two different environments are separate and will not have any impact upon work or family. While this theory is certainly applicable for some, apparently not all men and women are able to neatly divide the two experiences. Winthrope points out that, “Even though a woman may enter the workforce, research has shown that within the context of  the family, the care of her husband and children as well as the living quarters is still heavily the woman’s domain.” This kind of idea is tied up in the old adage; a woman’s place is in the home. She is seen as the one who takes care of all domestic duties whereas, stereorypically, it is the man who brings home the food for the family. The degree to which this is felt is certainly based upon societal expectations and behavioural norms. Despite this, there has been no positive link shown that one sex experiences greater difficulty in managing work-family conflicts over another.  
  
**G.** Perhaps the most positive relation that could be established between work and family conflict was in regard to irregular work hours. Factors such as having to work on weekends, having to work longer than nine hours per day or having to work during vacation periods all added to the conflict dynamic. Additionally, rank or position and thus expectations of workers and time demands all showed a negative impact upon family and work relations. Many have conducted empirical research in relation to work-family conflict and job satisfaction with significantly varying results. However, one generally recognised outcome about which few researchers disagree is that when work-family conflict arises, job satisfaction decreases.

**Question 9-13**

**Do the following statements agree with the views of the writer in Reading Passage?  
In boxes 9-13 on your answer sheet write**

**TRUE**                     if the statement agrees with the information  
**FALSE**                    if the statement contradicts the information  
**NOT GIVEN**            if there is no information on this

**9)** Lack of money is the main reason both fathers and mothers enter the workforce.  
**10)** Conflict between work and family increases according to the size of the family.  
**11)** High income earners balance work and family life better than low income earners.  
**12)** Men handle work stresses better than women.  
**13)** Work-family conflict is due largely to constant changes in work hours.