

**Tuesday,
the
twenty-fourth
of May**

2 EXAM TASK Read two text about family dinners **For each question choose the answer (A, B, C or D) which you think fits best according to the text.**

Text 1.

A TREASURED MEMORY

One of the most vivid memories from my childhood and early teenage years was the Sunday dinner. My mum would do the cooking, while Alice, my elder sister, was supposed to lay the table, although she would sometimes protest that I was old enough to do the job as well. Dad, however, was glad to do that himself if he was not on duty at the hospital. I was quite happy to stay in my room with a book until I was eventually called to join them at the table.

For some reason, I could not understand at the time why my mum insisted that the dinner be a fairly formal event. We all wore nice clothes and were told to keep our elbows off the table. reading newspapers or watching TV was out of the question. But it would be unfair to say I was bored during those meals. There was always an interesting conversation going on at the table. Nothing serious, just things that had happened to each of us during the week. My dad would always tell us some interesting stories from work.

Now, thirty years on, I recall those family dinners with some sentiment. It is true that those dinners were a lot of trouble when compared with the quick, convenient meals people eat these days. The efforts involved in the preparation helped to integrate us as a family and enjoy the time we spent together. More than that, the dinners were a great lesson in the art of conversation and table manners.

1 What does the writer say about his role in the preparation of the family dinner?

- A** He thought he was old enough to help his sister.
- B** He enjoyed not having to help his sister.
- C** He sometimes protested against having to help.
- D** He was often made to help his sister set the table.

2 During the dinner, the writer's family usually

- A** watched TV.
- B** talked about everyday matters.
- C** discussed serious topics.
- D** ate in silence.

3 Nowadays, the writer thinks that those family dinners

- A** were too much trouble.
- B** were not worth the effort.
- C** are not a pleasant memory.
- D** taught him important skills.

Text 2.

FAMILY MEALS. ARE THEY WORTH THE HASSLE?

The fast pace of contemporary life often means that many families can no longer establish a routine of having a meal together. While the parents have to work till late, often relying on takeaway or convenience foods, their children are quick to adapt to the situation. They learn to eat in front of their TVs or computers. even Sunday family meals are quickly becoming a thing of the past. Some, especially members of the older generation, readily point out that family bonds suffer as a result while others see the whole thing as a natural consequence of the ever changing times. And what do scientists have to say about the value of family meals?

Some sociologists claim that family meals involve a number of practices that produce positive eating routines in the children. Studies have shown that children who have regular meals with their parents are used to eating a greater variety of foods than those who tend to eat on their own. This is because most adults prefer to rotate through a range of dishes, including elements of foreign cuisines. What is more, children learn not to consider themselves to be the very centre of the eating universe as the different preferences of each family member have to be satisfied during a family meal.

A study conducted by Professors Kelly, Musick and Meier has shown that family meals can also go a long way towards improving the general family dynamics. Many of the families surveyed that have regular family meals have been found to enjoy doing other things together too, including sports, games and trips.

No wonder some celebrities such as Gordon Ramsey, the award-winning British chef and restaurant owner, joined the media campaign launched a few years ago which was aimed at reintroducing the family get-together around dinner tables in Britain.

4 Which of the following is mentioned in the text as a fact, not an opinion?

- A The decline of family meals is a normal phenomenon nowadays.
- B The menu of family meals should be planned based on children's preferences.
- C Family meals teach children to appreciate more varied menus.
- D The absence of family meals makes family relationships weaker.

5 From both texts, we learn that

- A family meal teaches children good eating habits.
- B families do sports more often thanks to eating together.
- C families often try foreign food during family meals.
- D children are involved in preparing family meals.

3 Choose the correct words to complete the sentences.

- 1 The bread was **skimmed** / **stale** / **crusty** and it smelled bad.
- 2 She used a packet of **dried** / **scrambled** / **tinned** herbs to put in the stew.
- 3 **Radish** / **Cod** / **Venison** is a popular sea food as it has a mild flavour.
- 4 The drink was so cold I had to **gulp** / **chew** / **sip** it very slowly.
- 5 remember to **mix** / **slice** / **stir** the sauce so that you don't burn the saucepan.
- 6 Don't slice the meat directly on the table surface. Use a chopping **plate** / **board** / **crockery**.

4 Read the definitions and write the correct words.

- 1 eggs cooked in boiling water without their shells: _____
- 2 a small red vegetable that is eaten in salads or raw: _____
- 3 all the plates, cups and saucers used during a meal: _____

5 Complete the sentences with the correct words. The first letters have been given.

- 1 These old **c**_____ stairs make a lot of noise every time someone goes up or down them.
- 2 Her cooking skills are out of this **w**_____! I can never resist the temptation to have second helpings!
- 3 That's a very reasonable suggestion and I'll gladly go **a**_____ with it.
- 4 Mexican food isn't really my **c**_____ of tea. It's far too spicy.

6 Write sentences using the ideas below.

1 Скажіть, що буде цікаво побачити, чи цей задум виправдає себе.

2 Скажіть, що більшість батьків підтримають заборону продажу нездорової їжі в шкільній їдальні.

6 Write sentences using the ideas below.

1 Скажіть, що Вам подобається ідея навчання на дому.

2 Скажіть, що Ви б не вибрали такий варіант, тому що вартість приватних уроків висока.

3 Скажіть, що це була б хороша ідея, тому що Вам подобається користуватися інтернетом.

7 Translate the words in brackets from Ukrainian into English.

1 This kind of food is rather unhealthy, which is (очевидним недоліком) _____.

2 (Головною перевагою) _____ of such a decision is that children may cut down on eating junk food.

3 (На мій погляд) _____, learning to cook is merely a waste of time.

8 EXAM TASK Read the text and complete the sentences with the correct answer A, B, C or D.

We all know that fruit and vegetables are among the richest sources of vitamins and nutritional elements in our diet. That is why many people believe that a healthier diet should (1) __ lots of fresh fruit and vegetables. But is it really good for you to eat fresh fruit in large amounts on a regular basis?

The main problem is that modern farming methods have (2) __ to the production of fruit which is very different from that growing in the natural environment. The fruit is now larger and sweeter, which means that it contains much more sugar than earlier varieties.

relying on fruit in our diet may badly (3) __ our general health. For example, medical research has shown that a lot of fruitarians (people who eat only fruit) complain about problems with their teeth, skin and hair. While some of these conditions are due to the fact that fruitarians lack some essential nutritional elements, such as fatty acids, other problems are triggered by the hormones that regulate sugar levels in our body. recently, a number of fruitarians (4) __ diagnosed with heart diseases and diabetes caused by their unbalanced diets.

The good news, though, is that eating fruit in moderation can greatly improve our general health and fitness.

1 **A** include

B complement

C consist

D compliment

2 **A** caused

B led

C made

D resulted

3 **A** involve

B assure

C result

D affect

4 **A** are

B had been

C have been

D was

Homework

EXAM TASK – a for-and-against essay

Nowadays you can buy ready-made meals in the shops. Write an essay presenting benefits and drawbacks of such food.

Write at least 150 words.