

True/False

1 Choose the best meaning for the sentences.

- 1 James is not unattractive.
 - a He's a little attractive.
 - b He's not attractive at all.
- 2 It wasn't inexpensive.
 - a It cost a lot of money.
 - b It didn't cost a lot of money.
- 3 It's not unlikely that we'll have to wait.
 - a We'll probably have to wait.
 - b We probably won't have to wait.

2 Complete the food words.

- 1 a small amount of food you eat between meals
s.....
- 2 food prepared in a certain way d.....
- 3 a small dish eaten at the beginning of a meal
s.....
- 4 food that is made and served quickly f.....
..... f.....
- 5 sweet food that you eat after the main part of a meal d.....

✓ Exam tip

In True/False activities, pay attention to negatives and negative prefixes (e.g. *un-*, *dis-*) because they change the meaning of a statement. Also, watch out for double negatives because these make the sentence mean the opposite (*not unlikely* = *likely*).

3 For each question, choose the correct answer.

- 1 It's not unlikely that the way people eat will need to change in the near future. T / F
- 2 People are now eating food created by scientists using microorganisms. T / F
- 3 Over 500,000 people became vegans last year. T / F
- 4 Plant-based products and dairy products are now equally popular. T / F
- 5 Egg substitutes do not contain dairy. T / F
- 6 The Oxford University study showed that music always makes food taste more bitter. T / F
- 7 Music could be used so people don't know that ingredients that aren't healthy have been removed. T / F
- 8 It is unnecessary to recycle all the Swedish company's packaging. T / F

The Future of Food

Due to the changing climate, it is very likely that people's eating habits are going to have to change before too long. There are a number of ways in this might happen.

Food will be made rather than grown. There is already lab-grown fake meat, but people could soon be dining on fish and seafood such as prawns, tuna and salmon which is also made in a laboratory. These products will be used in processed food or in dishes cooked at home. Another possibility that scientists are working on now is building food using tiny microorganisms to produce fats, carbohydrates and proteins, which people will be able to use to create a wide variety of meals or snacks.

Plants are the way forward. The number of vegetarians, vegans and flexitarians has increased significantly in the past few years. Far less meat is eaten worldwide now and dairy is going the same way. In 2021, over 500,000 people worldwide took part in 'Veganuary', promising to only eat vegan food in January. Plant-based food may not completely replace meat but plant-based milks and cheese are becoming increasingly popular, and you can even buy egg substitutes made from plants.

It is also clear that people need to be making healthier choices with their food, and digital tools could help. Scientists have found that if you can find out your DNA, you can learn exactly what to eat, or avoid eating, to get healthier, have more energy and improve sleep. This is an expensive process but apps are being developed to enable everyone to access this information. Music could also be used to make food healthier. A recent study by Oxford University showed that music could increase or decrease the bitter taste of food. Therefore, it might be possible to use music to change the taste of food so that people aren't aware unhealthy ingredients have been taken out.

It is not just what people eat that will change; food containers will too. One company from Sweden has developed packaging for oil, rice and smoothies that decays naturally so it doesn't need recycling.



4 Find words in the text that have these definitions.

- 1 not real, but made to look or seem real (paragraph 2)
- 2 in a way that is easy to see or by a large amount (paragraph 3)
- 3 a thing that is used instead of another thing (paragraph 3)
- 4 make something possible, make someone able to do something (paragraph 4)
- 5 with a strong sharp taste that is not sweet (paragraph 4)
- 6 be gradually destroyed as a result of a natural process of change (paragraph 5)

B1 Preliminary Part 5

1 Choose the correct alternative.

After you choose an answer, you **(a)** should / shouldn't read the sentence again to check it makes sense.

You **(b)** should / shouldn't leave any gaps, you

(c) should / shouldn't always put an answer, even if you are not sure.

✓ **Exam tip**

When you have chosen an answer, read the sentence again with the word to check it is correct. Always put an answer even if you are not sure.

2 Complete the sentences with the words in the box.

boiled • fattening • fresh • raw • roast • rotten

- 1 Vegetables are usually healthier when you eat them rather than cooked.
- 2 Fruit from the market has usually come straight from the farm so it's
- 3 Those eggs are They've been in the fridge for weeks and they smell bad.
- 4 Processed food can be because it contains a lot of sugar.
- 5 We often have chicken on Sundays. I like cooking things in the oven.
- 6 I always potatoes in the water before I put them in the oven.

3 For each question, choose the correct answer.

Vending machines



Vending machines are not a new invention. They have existed **(1)** the first century but it wasn't until many years later, in 1883, that modern vending machines were created. These machines sold postcards and they **(2)** to be located in railway stations so you could buy postcards before you **(3)** off on your journey. Today's machines have improved a lot and it's not only **(4)** like chocolate and crisps that are available. You can buy many different things, including **(5)** food such as sandwiches or muffins, as well as electronic and other items. You can also use your credit card to pay. Maybe one day scientists **(6)** have developed vending machines that can produce a complete meal.

- | | | | |
|------------|----------|-----------|------------|
| 1 A for | B since | C already | D ever |
| 2 A were | B got | C usually | D used |
| 3 A put | B took | C got | D set |
| 4 A snacks | B meals | C dishes | D desserts |
| 5 A fresh | B rotten | C boiled | D roast |
| 6 A want | B going | C are | D will |