

2.17 Lesson 6A, Exercise 6

1

Customer Excuse me ... The fish is overdone. It's actually quite tough and chewy.

Waiter Oh, dear. I am sorry. I'll change it for you.

2

Waitress Is everything all right?

Customer The chicken is OK, but the sauce is a bit bland. Could I have some salt?

Waitress Yes, I'll get some for you.

3

Customer Could I change this bread, please? It's a bit stale and dry.

Waiter I'm sorry about that, madam. I'll get some fresh.

4

Woman What is it?

Man This soup is too peppery.

Woman Ask the waiter to change it.

Man I can't. I added the pepper myself.

5

Customer Excuse me ... This steak is undercooked. I asked for rare. But this is practically raw.

Waitress I'll get the chef to cook it for a little longer.

6

Customer Excuse me. These chips are very greasy. And the bacon isn't crispy. It says 'crispy bacon' on the menu.

7

Waiter Is everything OK with your meal?

Customer No, not really. The rice is stodgy. And the wine isn't chilled.

Waiter I'm sorry, madam. I'll change them for you.

2.18 Lesson 6A, Exercise 7

Speaker 1 I never used to like cheese. My parents regularly had cheese and biscuits at the end of a meal instead of dessert, and I found it terribly disappointing when they did that. They used to say, ‘You don’t know what you’re missing. Just try a bit, it’s fantastic,’ but I really couldn’t stand the texture.

In Britain, we have a hard cheese called Cheddar – and I found it crumbly and greasy at the same time. They also loved Stilton, which is a really strong cheese with blue mould through it. I found the smell of it unpleasant, never mind the taste.

I thought I would never like cheese, until I went to France and tried Brie for the first time on crusty white bread. Brie is mild and creamy and is best when it’s ripe and runny. I was so surprised that I liked it that I slowly became more adventurous and started to try other cheeses.

Although it’s not my favourite thing, I’ve got to like a few types of cheese now, even some hard cheeses, as long as they’re mild. It’s just as well because I’m now vegetarian. However, I can safely promise that I will never get to like Stilton.

Speaker 2 I used to have such trouble with vegetables when I was a child. So did my brother. I loathed cauliflower – yuck! – and my brother absolutely detested Brussels sprouts. Our parents insisted that we put a little of each vegetable on our dinner plates. ‘A bit of everything,’ they would say, so we couldn’t avoid eating them. But cauliflower to me looked like bits of brain, and seemed bland and tasteless with an unpleasant, watery texture. And my brother thought that sprouts just looked disgusting and

tasted really bitter. He couldn’t even bear the smell of them. But we had to have them on our plates. We used to try and hide them in our paper serviettes, or drop some on the floor when our parents weren’t looking. Or sometimes we’d swap vegetables because, if I had to, I’d rather eat sprouts than cauliflower, and my brother would rather have cauliflower any day than eat one single sprout.

We’re much better with vegetables now – if they’re not overcooked. But, although it’s traditional to have Brussels sprouts for Christmas lunch, neither of us will eat them.

Speaker 3 As a kid, I had a passion for baked beans – you know, those ones in tomato sauce in a tin. I would rather eat them than almost anything else. I adored the smooth texture of the beans in the rich, creamy, sweet sauce. You could also get them with sausages in. I loved that variety almost as much, with salty, chewy mini sausages – mouth-wateringly delicious! My favourite meal was beans on toast, sometimes with grated cheese on top or extra tomato. My mum used to despair of getting me to eat ‘proper food’, as she called it. After a while, in an attempt to get me to experiment more with a wider range of meals, she refused to buy any more beans. So I just bought them with my pocket money. They weren’t expensive, and I was happy to eat them cold, straight out of the tin! When my mum found out, she didn’t know whether to laugh or cry. She used to say, ‘You’ll make yourself sick of them one of these days,’ and actually, she was right. I can’t look at a baked bean now!

2.19 Lesson 6A, Exercise 8

- 1 I really couldn't stand the texture.
- 2 I found the smell of it unpleasant, never mind the taste.
- 3 I've got to like a few types of cheese now.
- 4 I loathed cauliflower – yuck! – and my brother absolutely detested Brussels sprouts.
- 5 He couldn't even bear the smell of them.
- 6 As a kid, I had a passion for baked beans.
- 7 I adored the smooth texture of the beans.

2.20 Lesson 6B, Exercise 1

- 1 It is believed that ice cream was first invented in China in about 650.
- 2 Wheat is first thought to have been cultivated in Turkey in about 9000 BC.
- 3 The potato is known to have originated in South America.
- 4 Saffron is considered to be the most expensive spice in the world.
- 5 Until the 19th century, tomatoes were thought by many people to be poisonous.
- 6 In the 17th century, it was thought that bathing in sea water would cure most ills.
- 7 There are known to be over 7,500 types of apple.

2.21 Lesson 6C, Exercise 2

Overweight USA

It is common knowledge that obesity figures in the USA have risen dramatically over the last 30 years. 75% of American adults are now overweight, with 34% classed as obese, meaning they are dangerously overweight. But why is this epidemic occurring?

Weight gain occurs through a straightforward energy imbalance. If you don't use up in energy all the calories that you have consumed, then your body stores the rest in your fat cells. There are several factors in the USA that have contributed to this imbalance.

Firstly, people eat differently now. Too much sugar in the diet makes it harder for the body to burn fat. Snack foods high in sugar, fat and salt are widely advertised and heavily marketed in the USA. Vending machines selling these snacks are found in schools across the country, and calorific 'fast food' is cheap and easily available. Furthermore, portion sizes are famed for being generous. It is therefore easy to eat too much of the wrong food in the USA.

Changes in the way of life have also contributed greatly. Many communities are built in ways that make it difficult to be physically active. Americans can drive everywhere, but find it harder to do anything else, as safe routes for walking or cycling can be non-existent. A sedentary lifestyle has developed at home with the average young American child watching up to 28 hours of TV a week.

In the USA, obesity is therefore considered to be a national epidemic, with serious consequences for both individual health and medical expenditure. The medical care costs of obesity are staggering – around \$147 billion – so the US government has been trying to combat the problem.

The obesity trend does appear to be slowing down owing to government initiatives and greater public awareness. Over the last ten years, obesity levels seem to have levelled off. But Donna Ryan, president of the Obesity Society, says, '... to level off at 34% obesity is no great achievement. It's still very, very alarming.'

2.22 Lesson 6C, Exercises 5 and 6

Anna To be honest, I don't think that the Government should really be involved at all in what health choices people make. I don't think it's any of the Government's business what people do with their lives, unless they're committing a crime or not paying taxes, or that sort of thing.

People should be responsible for their own health. Everybody knows that it's not good to eat too much of the wrong things, and everybody knows that exercise is good for you. It's their choice. I don't think the Government telling people what to do has any effect, anyway. People still do what they want to do. Look at the Prohibition era in America, when the Government there banned alcohol. People smuggled it in instead and still drank it in secret. Look at the high taxation in Britain on cigarettes. The people who want to smoke still smoke. People have stopped smoking in recent years because they realise that it's bad for your health, not because the Government told them not to.

Jonathan I think there's a lot more that the Government could do to improve people's health. They talk about it a lot, but they don't actually do much, do they? Why is food that is bad for you cheaper than healthy food? The Government is happy to tax alcohol and cigarettes to encourage us to have less of them. Why don't they tax fast food, sweets, crisps and fizzy drinks as well? That would make people think a bit harder before they bought them. It's too easy to buy chocolate bars – they're everywhere – and children can afford

them with their pocket money. And it would make manufacturers think about making healthier snacks.

And why don't they just ban some really unhealthy food? Why have it at all? Hydrogenated fat is good for nobody. That's already been banned in some foods. Artificial additives, added salt, sugar and sweeteners in absolutely everything – why doesn't the government ban all of that? The food manufacturers will not make our food healthier unless we force them to do so. Food is big business. Our health comes a poor second.

Kyle

I think the government's role is to promote not only healthy eating but also healthy living. I don't know why it doesn't educate people more about the benefits of good food and exercise. And there's no point in the Government just telling people what to do. There should be help to encourage people to lead healthier lives. It should start at primary school, because if you start young, then good habits will be formed.

For example, doctors say that children need an hour of exercise a day, but a lot of school kids don't get enough exercise. Why doesn't the Government make schools responsible for this? Also, I don't think that people know enough about how their bodies work. If we learned at school what an amazing thing the body is and how food and exercise affect it, then we'd all be a lot more careful, I think. And I think young children should learn to grow and cook vegetables and other healthy food at school. Why isn't that part of the school curriculum? These things are as important as maths and English.

2.23 Lesson 6D, Exercise 2

Drink up!

Coffee

Coffee was first discovered in Ethiopia several centuries ago. There is a legend surrounding its discovery, and there is probably some truth to the tale. It is said that a goat-herd called Kaldi noticed that his goats became very excitable after eating the berries from one particular bush. Kaldi reported this discovery to the abbot of the local monastery, who made a drink from the berries and found it kept him awake through the long hours of evening prayer. This knowledge of the energising effects of these berries began to spread east towards the Arab world.

The Arabs were the first people to cultivate coffee and also to trade it. Coffee quickly became popular with Muslims who were forbidden by their religion to drink alcohol. By the sixteenth century, coffee had spread to Persia, Egypt and Turkey. All over the Middle East, new public coffee houses sprang up as places of social activity.

By the seventeenth century, coffee had finally found its way into Europe, where religious leaders initially condemned it as the devil's drink. However, the Pope at that time decided to taste the new beverage himself and liked it so much that he gave it papal approval. By the mid-seventeenth century, there were coffee houses in all the major cities of Europe. In London alone there were 300. People gathered in them to engage in stimulating conversation over a cup of the hot, dark, revitalising drink. Coffee has established itself as one of the most valuable crops in the world, and is the world's second biggest commodity, after oil.

Coca-Cola

The world's most popular fizzy drink was invented in Georgia, USA, in 1886 as a health drink. Dr John Pemberton, a pharmacist, mixed the secret formula in a big kettle in his backyard. He was prompted by a new prohibition law, which forbade the sale and consumption of alcohol. Pemberton's previous health drink had contained wine, so he came up with a new recipe. His bookkeeper, Frank Robinson, gave the refreshing new drink its name because, until 1905, it contained extracts of cocaine as well as the caffeine-rich cola nut. Mr Robinson also wrote beautifully, and it is his original lettering that we can still see on Coke cans today.

In 1887, businessman Asa Candler bought the formula from Pemberton and very quickly turned it into one of America's most popular soft drinks. At that time people went to ice cream parlours to have a drink. These were often attached to pharmacies and were a popular meeting place. Coke was sold as a health drink, and its success was due not only to its new taste but also to vigorous advertising. Candler bought full-page advertisements with the 'Coca-Cola girls' inviting you to 'pause and refresh'. In 1931, even Father Christmas was used to sell the product, and the resulting picture of a round, jolly, white-bearded man dressed in red has become the iconic image of Father Christmas.

Nowadays, Coca-Cola is one of the most recognised products in the world with more than one billion drinks sold every day.

Tea

The story of tea begins in China in 2737 BC. According to legend, the emperor Shen Nung was sitting under some trees while his servant boiled water to drink. Some leaves from the *Camellia sinensis* tree blew into the water, and the emperor tried the resulting beverage. True or not, tea certainly originated in China many, many centuries ago.

It wasn't until the sixteenth century that tea arrived in Europe, brought by the Portuguese and Dutch. The British were slow to take to the new drink, but that changed in 1662 when King Charles II married a Portuguese princess, Catherine of Braganca, who was a lover of tea. She made the drink fashionable among the wealthy. Tea was quickly introduced into the cities' coffee houses and British drinking habits were altered forever. The country began to import tea for itself and later started growing it in India.

In the seventeenth and eighteenth centuries, the British Government used the popularity of tea to generate revenue and taxed it so highly that a huge smuggling operation sprang up. Soon, more tea was being smuggled into Britain than imported legally, so in 1784 the Government finally abolished high tea taxes.

At the same time there was a great debate about whether tea was good for your health. This argument was finally brought to an end when religious groups decided that tea was much better for people than alcohol. With lower prices and a health endorsement, there was now nothing to stop everybody from drinking tea.

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Meanwhile, Britain had introduced tea to America and in the nineteenth century America introduced the rest of the world to its latest invention – the teabag. This invention has helped tea to become an important commodity in world trade and the world's second most widely consumed drink, after water.

2.24 Lesson 6E, Exercise 2

Food is central to most festivals in Spain. But it isn't always for eating! Once a year in the small town of La Pobla del Duc, about 100 kilometres from Valencia, up to 90 tonnes of grapes are brought in by lorry from the surrounding countryside and dumped in the corner of the market square. What happens next is a massive food-fight as the inhabitants of the town hurl grapes at each other. The fight, which marks the end of the grape harvest and of summer, can last all day!

2.25 Lesson 6F, Exercise 2

Girl I'm going to choose the first option, the barbecue. The weather will be fine at the weekend, so it'll be nice to be out in the fresh air. Not only that, but barbecued food is really tasty and I enjoy preparing it – marinating chicken and making kebabs, like in the photo. I wouldn't opt for the second option, a takeaway pizza, because, although my cousin loves pizza, I wouldn't order it for a guest. And the problem with going for a meal in a restaurant is that it would be quite expensive. So I wouldn't choose to do that.

Boy Let me see. I think I'd go for the third option, that's eating out with my cousin. I'd choose that because it's a special occasion and it would mean we didn't have to go to the trouble of preparing a meal. Now, as to why I'd reject the other options ... barbecues are only successful if the weather is fine, so they are best planned on the spur of the moment. If it rained, it would be a disaster. I wouldn't choose the other option either – the take-away meal – as my cousin isn't keen on pizza, and I'm not a big fan either. Um, that's all.

2.26 Lesson 6F, Exercise 5

Examiner I will now ask you two questions. In your opinion, should all students be taught to cook at school?

Candidate Um, let me think about that. I don't really have any strong feelings about it. I suppose that cookery should be an optional subject. Some people just aren't interested in food, so in my view they shouldn't be forced to learn how to cook.

Examiner Thank you. In what ways have people's eating habits changed over the years?

Candidate I'm not sure, really. I guess that there didn't use to be any fast-food restaurants, and now there are lots. So it could be argued that our diets have become less healthy than they were. Having said that, I don't think that the way we cook at home has changed much. Not in my house, anyway!

2.27 Skills Round-up 1–6, Exercises 5 and 6

- Daisy** Cheers!
- Stefan** Cheers!
- Daisy** And thanks again for taking me out for dinner.
- Stefan** That's OK. I mean, I was hungry ... and you didn't seem to have much food at your place.
- Daisy** No. We never do. That's one of the disadvantages of living in the squat.
- Stefan** Are there any advantages?
- Daisy** Yes! For a start, it's great being with people who really believe in the same things as I do. It makes you feel strong, like you really can make a difference. I'm taken seriously now. But when I was at home, I was seen as weird – or just childish and immature.
- Stefan** You said before that you'd argued with your dad ...
- Daisy** Yes, we would argue all the time. In the end, he got sick of it.
- Stefan** So, were you asked to leave?
- Daisy** No, not really. I mean, my dad didn't want me to go, but I decided it would be best for all of us. I already knew Spikey and some of the others because I'd been going to meetings for a while. So it made sense to go and live at the squat.
- Stefan** How long ago was that?
- Daisy** Four months ago. And I don't regret it. Spikey ... I really admire him. He isn't the easiest person in the world to get on with ...
- Stefan** I've noticed that.
- Daisy** But he really cares about these protests and campaigns. It's his whole life, not just a hobby. He's passionate about it all. That's why he's a bit suspicious of you ... because of your job, you know.
- Stefan** It's just a job. I'm not really an evil capitalist. I'm interested in your campaigns.
- Daisy** Spikey didn't look too happy when we left.
- Stefan** I did ask if he wanted to come ...
- Daisy** This isn't really his kind of place. He's a vegetarian. He'd hate being surrounded by all these people eating big chunks of meat.
- Stefan** By the way, how were your ribs?
- Daisy** Great! Delicious. I was so hungry!
- Stefan** Good. This place had been recommended to me a few times, but I'd never been here.
- Daisy** What was I saying? Oh, yes. Spikey says I'm spending too much time with you.
- Stefan** Really? But I've only been round to see you twice before this evening. Maybe he's jealous ...
- Daisy** Spikey? Jealous? No. He doesn't think of me in that way ... unfortunately.
- Stefan** So ... er ... what's being planned for the next protest against Wesley's?
- Daisy** I'm sorry, that can't be revealed – top secret.
- Stefan** Oh, come on! I am buying you dinner ...
- Daisy** Oh, all right. But don't tell Spikey that I told you.
- Stefan** I won't, I promise. He never talks to me, anyway. But don't worry; I won't say a word to anyone.
- Daisy** Well, it's a big cyber attack. We're going to hack into the whole website ... for the whole supermarket chain. And if anyone visits it, they'll just see our leaflet and some other stuff ... some other anti-capitalist stuff. It'll be so cool.
- Stefan** And do you know how to do that kind of thing?

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- Daisy** I don't, personally. But a couple of the guys are into that kind of thing ... hacking.
- Stefan** Interesting. Isn't hacking illegal, though?
- Daisy** I'm not sure. Some kinds are, I think. I'm not really involved, personally, so I'm not worried about that. And anyway, they're hoping not to get caught!