

PROVA COMUNE DI LINGUA INGLESE  
PER LE CLASSI PRIME

Mercoledì 18 Maggio 2016

Allunno/a \_\_\_\_\_

Classe \_\_\_\_\_ sez. \_\_\_\_\_ Indirizzo \_\_\_\_\_

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***Food for thought***

A walk round a town centre tells you a lot about the diet of the UK's population today. There's food everywhere. There are take-away and fast food outlets, sandwich bars, American-style coffee shops and every type of restaurant imaginable. Food is an important part of everyday life.

A visit to a supermarket gives you an idea of what people eat at home. You find an incredible variety of food including lots of fruit and vegetables, but supermarkets also sell a lot of salty and sweet snacks and sugary fizzy drinks. Packet sizes of cereals, crisps, biscuits and bars of chocolate are often too big but people love eating them.

Snacking is another unhealthy habit. Nutritionists recommend three healthy meals a day and plenty of water, but a lot of people eat snacks all day and drink coffee or fizzy drinks. You see people walking down the street, eating take-away snacks and drinking hot drinks from big paper cups – when you order a small coffee you get a 350 ml drink and a large is nearly half a litre! The size of food portions is usually very generous, too.

At home, a lot of people eat ready-meals that contain too much sugar, salt and fat. Most people don't eat enough fresh fruit and vegetables and don't cook enough home-made food. The strange thing is that cookery programmes are very popular on television and famous chefs are now media celebrities. Thousands of people buy their recipe books but not many use them to cook meals at home. Maybe the books look good on the shelves!

**Multiple choice**

1. What do nutritionists recommend?
  - an healthy meal a day
  - four healthy meals a day
  - three healthy meals a day
2. A small coffee is
  - nearly half a litre
  - 350 ml drink
  - 300 ml drink

3. Most people
  - cook home-made food
  - don't cook home-made food
  - usually go to the restaurant

**True or False**

1. Supermarkets sell a lot of salty snacks
  - True
  - False
2. Cookery programmes aren't popular on television
  - True
  - False
3. Lot of people buy a recipe book and use it to cook meals at home
  - True
  - False

**Answer the questions**

1. What food do you eat on a typical day?

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2. How healthy is your diet?

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