

**PART 1, PAPER ONE: CAMBRIDGE FIRST CERTIFICATE
PARAGRAPH TOPIC HEADINGS**

Read the passage below. For each paragraph, choose the most suitable heading from the list which follows. There is one extra heading you do not need to use. In the Cambridge First Certificate, the time for this exercise would be 15-20 minutes

PROCESSED FOOD

- A. Not all doctors agree.
- B. Adequate nourishment essential.
- C. Additives disguise bad ingredients.
- D. Diet to be fat-free, sugar-free.
- E. Coffee increases risk of heart disease.
- F. Tea and coffee bad for you.
- G. Processed food may be bad for you.
- H. Doctor's argument not logical.

1.

After the cigarette manufacturers, it has become the turn of the food processors to suffer the attacks of those who would have us lead a healthy life. Sometimes you have the feeling that almost everything you eat is liable to damage your brain, clog your arteries, ulcerate your stomach, or impact your intestine. On the other hand, it is certainly true that there is nothing like reading the list of ingredients on the back of a cereal packet or a pot of jam to put you off your breakfast.

2.

One dietician writes of pork pies as follows: "People wouldn't buy a pork pie if chemicals had not been designed into them. A pork pie can contain as much as 50 per cent of highly saturated fat which is bad for the heart and arteries. A perfectly good pork pie could be made from reasonable ingredients but it is cheaper to make it with additives because less meat is then needed. The additives in the pie do little harm in themselves. The fat is made acceptable by a perfectly safe emulsifier. Added colour makes the fat look like meat. The additives in it deceive our senses and persuade us to eat too much fat. Even if the additives themselves are considered to be relatively safe, the nutritional consequences are appalling."

3.

Since a study by Johns Hopkins Medical Centre, Baltimore, in the mid-eighties, coffee has been on everyone's blacklist. According to the study: "Regardless of the measure of coffee consumption used, analyses found that heavy coffee drinkers were almost three times more likely to have coronary disease than were non-drinkers. Even one or two cups of coffee a day appear to be associated with a small extra risk of heart disease - a one-third increase over non-drinkers." The one piece of good news appears to be that the risk decreases rapidly once a person stops drinking coffee.

4.

Few arguments create greater passion among medical experts than the supposed link between diet and heart disease. Some doctors, however, refuse to accept any connection between the two. They have argued that diets which cut back on dairy produce, although unlikely to cause physical harm, could lead to malnutrition, particularly among children. They are appalled that breakfast, that traditional British meal, should be under attack by the spectre of disease. Come between some doctors and their bacon and eggs and feelings will run high.

5.

The nutritionists have fought back. They remain convinced that sugary, fatty foods lead to preventable ill health. One doctor argues that a fibre-rich diet is only of use to those who suffer from diabetes. Rubbish, say the nutritionists, and go on to point out that "over one third of British adults are constipated. At least one in seven takes laxatives. And dietary fibre is of proven value in the treatment of constipation."

6.

Yet another doctor argues that dental decay should really be seen as a disease which results from a lack of fluoride. What we need to do is clean our teeth like crazy, have them coated with sealants, and take fluorides daily. The nutritionist blasts back by pointing out that you might as well say that headaches are caused by a lack of aspirin.

7.

What we do know is that nutrition does affect health. Too little food and too much food are both bad for you. In Britain, poor boys tend to be two inches shorter on average than rich boys.

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FCE PAPER ONE: READING COMPREHENSION
PART 1: PARAGRAPH TOPIC HEADINGS

Exercise Answers.

You would have achieved a pass grade in this exercise in the Cambridge First Certificate if you completed it within the time allowed and if you scored 4 (preferably 5) correct answers from 7.

"F. Tea and coffee bad for you." is not relevant

PROCESSED FOOD

1. G. Processed food may be bad for you.

After the cigarette manufacturers, it has become the turn of the food processors to suffer the attacks of those who would have us lead a healthy life. Sometimes you have the feeling that almost everything you eat is liable to damage your brain, clog your arteries, ulcerate your stomach, or impact your intestine. On the other hand, it is certainly true that there is nothing like reading the list of ingredients on the back of a cereal packet or a pot of jam to put you off your breakfast.

2.C. Additives disguise bad ingredients.

One dietician writes of pork pies as follows: "People wouldn't buy a pork pie if chemicals had not been designed into them. A pork pie can contain as much as 50 per cent of highly saturated fat which is bad for the heart and arteries. A perfectly good pork pie could be made from reasonable ingredients but it is cheaper to make it with additives because less meat is then needed. The additives in the pie do little harm in themselves. The fat is made acceptable by a perfectly safe emulsifier. Added colour makes the fat look like meat. The additives in it deceive our senses and persuade us to eat too much fat. Even if the additives themselves are considered to be relatively safe, the nutritional consequences are appalling."

3. E. Coffee increases risk of heart disease.

Since a study by Johns Hopkins Medical Centre, Baltimore, in the mid-eighties, coffee has been on everyone's blacklist. According to the study: "Regardless of the measure of coffee consumption used, analyses found that heavy coffee drinkers were almost three times more likely to have coronary disease than were non-drinkers. Even one or two cups of coffee a day appear to be associated with a small extra risk of heart disease - a one-third increase over non-drinkers." The one piece of good news appears to be that the risk decreases rapidly once a person stops drinking coffee.

4. A. Not all doctors agree.

Few arguments create greater passion among medical experts than the supposed link between diet and heart disease. Some doctors, however, refuse to accept any connection between the two. They have argued that diets which cut back on dairy produce, although unlikely to cause physical harm, could lead to malnutrition, particularly among children. They are appalled that breakfast, that traditional British meal, should be under attack by the spectre of disease. Come between some doctors and their bacon and eggs and feelings will run high.

5. D. Diet to be fat-free, sugar-free.

The nutritionists have fought back. They remain convinced that sugary, fatty foods lead to preventable ill health. One doctor argues that a fibre-rich diet is only of use to those who suffer from diabetes. Rubbish, say the nutritionists, and go on to point out that "over one third of British adults are constipated. At least one in seven takes laxatives. And dietary fibre is of proven value in the treatment of constipation."

6. H. Doctor's argument not logical.

Yet another doctor argues that dental decay should really be seen as a disease which results from a lack of fluoride. What we need to do is clean our teeth like crazy, have them coated with sealants, and take fluorides daily. The nutritionist blasts back by pointing out that you might as well say that headaches are caused by a lack of aspirin.

7. B. Adequate nourishment essential.

What we do know is that nutrition does affect health. Too little food and too much food are both bad for you. In Britain, poor boys tend to be two inches shorter on average than rich boys.

<http://www.englishforjapanese.com/tests/Cambridge/fce/reading/01%20headings%20ans.html>



any/all/most – look/seem/be/appear – such – like – have – other – be – because – as – with – kind/type – on – their – have – number

Vegetables

We are frequently told these days that we should eat more vegetables (0) ___as___ part of a healthy diet. However, a large (16) _____ of people are still not taking this advice. One of the reasons could be that they (17) _____ bad memories of the few vegetables they were forced to eat by (18) _____ parents when they were children. (19) _____ the other hand, potatoes are one (20) _____ of vegetable which we are familiar (21) _____ although we do not perhaps think of them (22) _____ healthy food to eat. Of course, chips are not very good for us (23) _____ of their high fat content, but potatoes can (24) _____ cooked in many other interesting ways which do not harm our health. (25) _____ vegetables which we will almost certainly (26) _____ eaten are carrots, turnips and parsnips. Carrots can be eaten raw, while parsnips can be prepared (27) _____ potatoes, and baby turnips are crisp and as sweet as apples when cooked. Alternatively, there are many different vegetables in the shops, (28) _____ as celeriac, kohlrabi and salsify. These may (29) _____ strange to us at the moment, but they are as easy to cook as (30) _____ of the other vegetables mentioned and make a delicious change.

SNACKOLOGY

Once they were just potato chips. Now they're a 'fourth meal occasion.' And apparently, when it comes to the universe of snacks, there is no 'final frontier.'

0: __F__

The snack industry is becoming truly creative for the first time in history. That's good news for the thoughtful host, especially one wanting to provide a quality televised-football viewing experience. On the day of a game, Americans eat more snacks than any other day.

1: _____

If that sounds like the same old thing, you can be sure that it's not. While millions of hands are moving between bowl and mouth, snack industry scientists are working endlessly to create more irresistible snacks to make those hands move faster.

2: _____

Potato chips today, for example, come in ridged or regular; flavored or plain; baked, fried or crisped; in a bag or stacked in a tube. Chips now come in flavors from the most exotic to the most ordinary, satisfying tastes that vary with the person and the region. Salt-and-vinegar chips, for example, failed in Ohio but were a great success in New England and eastern Canada, and the English love them.

3: _____

The Swedes prefer onion as a flavor for their chips, the Germans paprika, the Norwegians salt and pepper. Barbecue dominates in the United States, but the American liking for novelty and variety includes everything from the ketchup flavored potato chips introduced by Herr Foods of Nottingham, Pennsylvania, to the chocolate-covered potato chips of Nelson's Confectionery in Perham, Minnesota.

4: _____

Snacks in the United States will never get as wild as snacks in other parts of the world, although perhaps that is merely a subjective judgment. American shoppers would never choose the snack known as Mopani, found in Uganda: white grubs served in cans or plastic bags. In fact, we in the United States won't even try some of the more conventional flavors popular in other countries.

'Those flavors wouldn't cut it here,' says Bernie Pacyniak, editor of *Snack Food and Wholesale Bakery* magazine. 'You couldn't sell a seafood flavored Cheeto in the United States. Some people even find the mustard flavored pretzels really strange.'

5: _____

Crunchy snacks have been popular since the days of ancient Greece, when theater audiences ate roasted barleycorn during performances, crunching loudly when they were bored. *Tragemata*, they called their snacks, which translates roughly as 'munchies.'

6: _____

Today's consumers want healthy snacks, which accounts for the boom in baked chips. If healthy doesn't taste as good however, consumers are willing to compromise.

7: _____

Snacking is a return to those millions of years before cooking and agriculture led to the rituals of breakfast, lunch and dinner. Our early ancestors took every opportunity to eat anything they could find: berries, roots, insects, etc. Certainly, they were getting plenty of raw fiber, vitamins and minerals. But they could never have imagined the joys of shopping in supermarkets or of sitting endlessly in front of a television eating concentrated carbohydrates, sugar, salt, fats and oils. Nor did they live long enough to worry about heart attacks. Perhaps if they had, they'd have served a nice vegetable meal with a non-fat sauce.

[Check your answers here](#)

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