

"Eating Less Meat Could Save Lives."

- 1 More than 45,000 lives a year could be saved if everyone began eating meat no more than two or three
2 times a week, health experts claim today. Widespread change to low-meat diets would stop 31,000 early
3 deaths from heart disease, and 9,000 from cancer, according to new analyses of British eating habits.
4 Dramatically reduced meat consumption would slow down climate change and deforestation in South
5 America, where rainforests are being chopped down to raise cows, which are later exported to Europe.
- 6 Eating too much meat, particularly processed meat, is unhealthy because it can involve consuming more fat
7 than official guidelines recommend. "We don't need to go vegetarian to look after ourselves and our planet,
8 but we do need to cut down on meat," said Peter Bennett. "While the government has ignored the
9 environmental aspect of meat and dairy consumption, it can't ignore the lives that would be saved by
10 switching to less and better meat."
- 11 Meat producers criticised the report. "The vast majority of consumers eat less than average recommendations
12 of red meat already," said Chris Lamb. "It is over-simplistic to say that changing one element of the diet can
13 have such a dramatic result. Red meat has a valuable role to play as part of a healthy diet." Jen Elford, of the
14 Vegetarian Society, added: "Of course less meat is better than more, but we can't start solving the
15 environmental and health problems without moving away from animal protein."

I * COMPREHENSION (3 points: questions 1-3, 1 point each; questions 4-5, 0.5 points each)
CHOOSE AND WRITE THE CORRECT OPTION (A, B, C or D) (0,5 points each)

1. According to the text: a) Eating meat more than 3 times a week increases the risk of cancer
b) We should begin eating meat 2 or 3 times a week.
c) Cows are chopped in South America.
d) Low-meat diets cause heart disease.
2. Meat producers say: a) Less and less consumers eat red meat to protect against cancer.
b) Most consumers eat the quantity of meat recommended.
c) Most consumers eat more than the quantity of meat recommended.
d) Red meat can be part of a healthy balanced diet.

ARE THESE STATEMENTS TRUE OR FALSE? JUSTIFY YOUR ANSWERS WITH THE PRECISE WORDS OR PHRASES FROM THE TEXT, OR USE YOUR OWN WORDS.

3. "Eating meat twice a week is not bad for you," experts claim.
4. Diets containing big amounts of meat can cause heart disease and cancer.
5. An expert advises people to become vegetarians.
6. Britain's government has said that people should give up red meat.

II * USE OF ENGLISH (4 points; questions 7-12, 0.25 points each; questions 13-17, 0.5 points each)

7. FIND IN THE TEXT ONE WORD THAT HAS THE FOLLOWING DEFINITION: "Rules or instructions about the best way to do something" (noun).
8. FIND IN THE TEXT ONE SYNONYM FOR "to take care of" (verb).
8. FIND IN THE TEXT ONE OPPOSITE FOR "worse" (adjective).
9. GIVE ONE SYNONYM FOR "cut down" (verb) AS IT IS USED IN THE TEXT (LINE 8).
10. WHICH WORD DOES NOT HAVE THE SAME MEANING? **illness sickness disease madness**
11. GIVE A VERB WITH THE SAME ROOT AS "consumption" (noun)
12. FILL IN THE GAP WITH A CORRECT PREPOSITION: "Experts think that some diets are responsible many deaths.
13. TURN THE SENTENCE INTO THE PASSIVE VOICE: **The government can't ignore so many people's lives.**
14. JOIN THE FOLLOWING SENTENCES USING A RELATIVE. MAKE CHANGES IF NECESSARY: **Mary suddenly felt ill. She had been cooking all evening.**
15. COMPLETE THE FOLLOWING (CONDITIONAL) SENTENCE: **If some people changed their eating habits,**
16. REWRITE THE FOLLOWING SENTENCE WITHOUT CHANGING ITS MEANING. BEGIN AS INDICATED: "She became a vegetarian five years ago." **She has**
17. USE THE WORDS IN THE BOXES TO MAKE A MEANINGFUL SENTENCE. USE ALL AND ONLY THE WORDS IN THE BOXES WITHOUT CHANGING THEIR FORM:
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|------|-----------|-----------|----|----|----|-----|---|
| meat | unhealthy | processed | to | is | it | eat | ? |
|------|-----------|-----------|----|----|----|-----|---|

III * PRODUCTION (3 points)

18. WRITE A COMPOSITION OF APPROXIMATELY 120 WORDS. FOCUS STRICTLY ON THE TOPIC:
What can you do to have a healthy lifestyle?