

Aim High 5 Exam practice 4

Reading

Tips

- Remember to read the text through once for general meaning.
- Read the sentences and the options (a–d) very carefully.
- Find the part of the text that relates to each sentence and read it very carefully.
- Remember, for an option to be correct, the text must give exactly the same meaning as the option, although it may use different words.

Read the text. Choose the best option (a–d) to complete the sentences (1–5).

Ethical eating

These days, food seems to be fraught with ethical dilemmas. Much modern food production is recognized as being environmentally unsustainable in its use of pesticides and for the pollution caused by transporting it over huge distances. Added to this are concerns about animal welfare, with animals being kept in ever more unnatural conditions in order to maximize production. Finally, there are issues of social justice, with concerns such as the use of child labour. The net result of these concerns is the growing number of food movements in Britain. One such movement is ‘localism’, the basic ideology being that food should be produced and consumed within a relatively small area. The main benefit is the reduction in ‘food miles’, the number of miles that food travels from producer to consumer. Moreover, supporters argue that if western countries stopped importing food, developing countries would switch their food production to providing for their own populations, which would help alleviate hunger in developing countries. Opponents argue that food exports bring the benefit of foreign currency to poorer countries, and without this currency there is a risk that poverty would increase.

Vegetarians, now around 5% of the British population, would argue that their dietary choices bring a whole raft of advantages. For the majority, the primary motivation in giving up meat is to eliminate the cruelty to animals involved in modern meat production. Some also cite the fact that rates of some types of cancer are lower among vegetarians. In terms of global food issues, vegetarians argue that meat production is wasteful – huge amounts of grain are fed to animals when it could provide nourishment to a greater number of humans if consumed in its original state.

Perhaps the most extreme modern food movement is ‘freeganism’, a reaction to the amount of food wasted each year in wealthy countries such as Britain. Supermarkets throw away millions of tonnes of perfectly good food each year: simply because it has passed its ‘sell-by date’ and is considered to be no longer fresh. The ‘freegan’ response is what is called ‘bin diving’ – taking food from the bins behind supermarkets where the food considered no longer fresh is discarded each day. According to ‘freegans’, it is possible to eat for free in this way, with a varied and healthy diet, and at the same time reduce food waste.

- 1 According to the author, there is a growing number of food movements in Britain
 - a because people are concerned about social justice.
 - b because people are concerned about environmental sustainability.
 - c because of concerns about animal welfare.
 - d because people are concerned about social justice, environmental sustainability and animal welfare.
- 2 Supporters of 'localism' believe that
 - a it would be better if food was not exported from developing countries.
 - b western countries should export more food to developing countries.
 - c foreign currency from food exports helps developing countries.
 - d there should be more food production in developing countries.
- 3 According to the text, most vegetarians
 - a would like their movement to grow.
 - b are concerned mainly with animal welfare.
 - c are concerned mainly about their health.
 - d feel they have plenty of choice of foods to eat.
- 4 Vegetarians believe that
 - a only wealthy countries should feed grain to animals.
 - b a lot of food is wasted because animals refuse to eat it.
 - c more grain should be available for humans to eat.
 - d more people should learn about how cruel meat production is.
- 5 'Freegans'
 - a encourage people not to throw food away.
 - b refuse to eat food that has passed its sell-by date.
 - c take food from inside supermarkets.
 - d eat food that has been thrown away.

Listening

3.20 Read the task. You will hear three speakers talking about their favourite gadgets. Match questions a–f with the speakers.

Which speaker's gadget ...	Speaker 1	Speaker 2	Speaker 3
a could prove useless when you most need it?	☐	☐	☐
b is for those concerned about their health?	☐	☐	☐
c is not connected to other devices?	☐	☐	☐
d requires an outside source of electricity?	☐	☐	☐
e is the biggest of the three?	☐	☐	☐
f requires some practice?	☐	☐	☐

Use of English

Tips

- Remember, the missing words are often grammatical words such as articles, auxiliary verbs, and prepositions.
- Read the sentence again with the word included to see if it sounds right.

Complete the text with the missing words (1–10). Use one word only in each gap.

The fall and rise of the allotment

If you travel through the UK, you are bound, ¹ _____ or later, to pass an allotment site. ² _____ you will see is a group of small plots of land being used for growing fruit and vegetables. Allotments, available in most towns and cities across the UK, are owned by local authorities and rented out to residents ³ _____ a small annual fee. The history of allotments goes ⁴ _____ to the 1500s. However, ⁵ _____ was the Allotments Act of 1887 which made it a legal duty for local authorities to provide allotments. After ⁶ _____ used extensively until the 1940s, allotments became less popular during the 1950s and 60s. Some sites were closed and the land was used instead ⁷ _____ building new houses or offices. ⁸ _____ the 1990s, however, things have changed. ⁹ _____ has been a resurgence of interest in allotment gardening, especially among young people. It seems that, with all the issues surrounding food production, ¹⁰ _____ more and more people want is simple, fresh, home-grown food.

Writing

Tips

- Plan your ideas before you start writing.
- Use formal language in your letter.

You ordered a pair of jeans online six weeks ago. You have phoned the company several times, but the jeans still haven't arrived. Write a letter of complaint.

In your letter:

- explain why you are writing
- describe the situation
- suggest a solution to the problem.

Speaking

Preparation

- Look at photos A–C and think of useful vocabulary.
- Say how the photos are similar and different.
- Answer all the questions and give your opinion.



1 These pictures show different ways of getting food. Compare the photos.

- What are the advantages and disadvantages of each one?
- Which do you prefer? Why?

2 Answer the questions.

- Are you concerned about issues related to food production? Which ones? Why?
- Do your opinions influence the kind of food you eat?
- Do you think people should think more about where their food comes from? Why?