



UNIVERSIDAD COMPLUTENSE DE

MADRID

PRUEBA DE ACCESO A LA UNIVERSIDAD

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Materia: INGLÉS

WE ARE WHAT WE EAT:

NEW TRENDS IN BRITISH EATING HABITS

A recent report on British eating habits examined what Britons buy, what they consume – and also what they throw away from their fridges. According to this report, traditional eating habits have changed radically over the past 30 years. The reasons are: prices have changed, people are more concerned about their health, and life is busier. The typical Briton is giving up fish and chips, and the sales of Thai, Indian and Chinese takeaways have increased dramatically.

Britain is developing a national habit of leftovers, with a third of all food waste left on the plate. On the other hand, many poor people say that they cannot afford to have a balanced meal. On the positive side, the British eat more fruit and vegetables than before, although they do not reach the amount recommended by the World Health Organization (five a day).

We can find differences in eating habits among the British: there are “organic families” and “freezer families”. Helen, from Henley, says: “I try to make sure we eat as healthily as possible. I wouldn’t ever buy a full ready meal, although occasionally I’ll buy pre-filled pasta like ravioli”. And Tina, from South East London, says: “I don’t have time to cook properly. We often have pizza, or something else frozen you can shove in the oven, like fried chicken.”

QUESTIONS

1. Are the following statements TRUE or FALSE? Copy the evidence

C/ Fernando Poo 5 Madrid (Metro Delicias o Embajadores).

from the text. No marks are given for only TRUE or FALSE. (Puntuación máxima: 2 puntos).

- a) Asian prepared food has become more popular among the British.
- b) At present, British people finish the food on their plates more often than in the past.

2. Find a synonym in the text for the following words or phrases.

(Puntuación máxima: 1 punto).

- a) worried (paragraph 1).
- b) quantity (paragraph 2).

3. In your own words and based on the ideas in the text, answer this question. (Puntuación máxima: 1 punto).

Which are the differences between the eating habits of “organic families” and “freezer families”, according to what Helen and Tina say?

4. Follow the instructions for each part of this question. (Puntuación máxima: 3 puntos).

- a) Rewrite this sentence in the passive:

Ecological farmers sell many kinds of vegetables.

- b) Put the verbs in brackets into the correct form:

Please stop ..... (play) with the computer and try .....(do) your maths homework. If you can't, I'll help you.

- c) Fill in the blanks with the correct preposition:

My best friend, who comes ..... England, loves having eggs ..... breakfast.

5. Write about 80 to 100 words on the following topic. (Puntuación máxima: 3 puntos).

Do you prefer to eat ready-made food, or to cook at home? Why?