

**PANCYPRIAN EXAMS  
HOTEL & CATERING SCHOOLS  
LISTENING COMPREHENSION**

**Young People's Eating Habits**

You are going to listen to Linda and Dr. Ross talking about the eating habits of young people today.

**Do PART A: Exercises I & II**

**PART A:**

**(5 MARKS)**

**I. Tick (✓) the unhealthy food young people eat today according to the text:**

**(5 x 0,5 = 2,5 marks)**

1. processed	.....
2. fried	.....
3. fast	.....
4. prepacked	.....
5. grilled	.....
6. instant	.....
7. packaged	.....

**II. Tick (✓) T for True and F for False:**

**(5 x 0,5 = 2,5 marks)**

Young people:	T	F
1. might eat a doughnut for breakfast.		
2. prefer socializing to eating lunch.		
3. mostly enjoy snacks for lunch.		
4. eat spaghetti for dinner.		
5. drink light soft drinks.		



**PART C:**

**(16 X 0,5 = 8 MARKS)**

**Using only ONE word complete the passage below to summarise the dialogue between Linda and Dr. Ross.**

Dr. Ross, a dietician at the local hospital, is talking about the eating habits of young people. He says that, unfortunately, most of them have very unhealthy **1** ..... habits. They eat more processed **2** ..... than ever before. They choose **3** ..... food restaurants for the obvious reasons: they are cheap and noisy, filled with people of their age. Moreover, their parents don't often have the time to prepare healthy and nutritious **4** ..... for their families. In addition to this, supermarkets are filled with prepacked, instant food, for example, mashed **5** ..... to which you just add water, and tinned or **6** ..... foods such as lasagna and **7** ..... pies.

Another fact is that there are no regular meal times. Most people skip **8** ..... or eat toast and jam, a doughnut or croissant. Lunch is also a problem. Many people use their lunch **9** ..... to socialize. The most popular food at lunch time are snacks, such as burgers, fries, hotdogs or **10** ..... made with white bread, plenty of mayonnaise or **11** ..... and processed food.

After school most young people are **12** ..... so they eat a lot of biscuits, **13** ..... or other unhealthy snacks. If they end their day with a meal of **14** ..... or some other ready made food, they have not had anything **15** ..... or nutritious all day long. Combined with **16** ..... soft drinks, their diet is very unhealthy!