

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

**TAPESCRIPT: Young People's Eating Habits**

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

**SECTION ONE**

**Linda:** Today we're going to talk about the eating habits of young people. Dr. Ross is with us. Dr. Ross is a dietician at the local hospital. Good morning, Dr. Ross. Could you please tell us what the eating habits of today's young people are?

**Dr. Ross:** Most young people today, unfortunately, have very unhealthy eating habits. Studies have shown that teenagers today eat more processed food than ever before. When eating out they choose fast food restaurants for the obvious reasons: they are cheap, noisy and usually filled with people of their own age.

**Linda:** Are fast food restaurants their only source of unhealthy food?

**Dr. Ross:** No, they aren't. Unfortunately, the modern day family usually has both parents working outside the home. This means parents don't often have the time to prepare healthy and nutritious meals for their family.

**SECTION TWO**

**Linda:** Oh, yes, I agree with you. What about shopping?

**Dr. Ross:** Supermarkets today are filled with prepacked, instant food. For example, you can get mashed potatoes in a packet and you just add water. You can also buy tinned or packaged foods such as lasagna, meat pies, and many others. And this is easy shopping for teenagers. Therefore, even home cooked meals might not be that nutritious.

**Linda:** Anything else?

**Dr. Ross:** Yes, another contributing factor to young people's unhealthy eating habits is the fact that there seem to be no regular meal times these days.

**Linda:** Hm... Yes, you're right....

**Dr. Ross:** And something else.... Most people skip breakfast because they don't have time, or if they have something, it is usually of little nutritious value such as toast and jam, a doughnut or croissant.

**Linda:** What about lunch?

**Dr. Ross:** Lunch is also a problem; if people have a lunch break, a lot of them use their lunch hour to socialize or run errands and they don't want to spend a lot of time eating.

### **SECTION THREE**

**Linda:** What is the most popular food for lunch?

**Dr. Ross:** The most popular food at lunch time are snacks. These come in the form of burgers, fries, hotdogs or sandwiches which are usually made with white bread, plenty of mayonnaise or butter and processed food, such as cheese or luncheon meats.

**Linda:** What about after school?

**Dr. Ross:** After school, most young people are hungry so they eat a lot of biscuits, crisps or other unhealthy snacks.

**Linda:** And how do they end their day?

**Dr. Ross:** Ah, this is a real problem. If they end their day with a meal of pizza or some other ready made food, they have not had anything fresh or nutritious to eat all day. Combined with sugary soft drinks, the average young person's diet is healthier now than it has ever been!

**Linda:** I understand...Thank you, Dr. Ross.