

ŽUPANIJSKO NATJECANJE IZ ENGLESKOGA JEZIKA
za 2. razred srednjih škola

SLUŠANJE S RAZUMIJEVANJEM

Good morning. May I have your attention, please? The listening part of the test will start now.

[Note for the teacher: DO NOT stop or pause the recording until you hear the sentence: *This is the end of the listening task. You may now go on to do the other parts of the test.*]

Open your tests to page 2. As you can see, the listening task and questions are on this page.

You will hear a news report on fruit and vegetables.

You will hear the report twice, and there will be a short pause between the two readings.

You can write your answers during both the first and second readings.

For questions 1- 10, complete the sentences using no more than one word or a number for each gap. You will hear the exact words that you need to use. You do not need to change them. The answers will occur in the same order as the questions.

While you are listening, write your answers on the task itself. You may cross out your answers, change them, make notes or underline words if you wish.

After the second reading, you will have 1 minute to check your answers and transfer your final answers to the separate Answer Sheet.

Now, let's begin. You have 30 seconds to read through the questions.

[A pause of 30 seconds]

Now you will hear the report.

[Read the report at natural speed]

Fruit and Veg

According to a report recently commissioned by the government, people are not eating sufficient amounts of fruit and vegetables. The figures are particularly worrying with regard to children.

People are officially advised to consume five portions of fruit and vegetables each day. But what is the actual situation in the nation's homes and schools? The research in the report reveals that only one third of adults are actually achieving this target. For youngsters, this depressing figure slumps more than twenty per cent to a mere ten per cent, which is worse than in many comparable countries.

The data which was used in the report's findings was gathered over a four-year period by researchers who got respondents to keep diaries of their food intake instead of the frequently employed method of using surveys. This provided researchers with greater detail upon which to base the report.

The data also reveals geographical differences. More than a quarter of those in the capital eat their five portions per day, which is more than in the south, but slightly below figures for the north.

In addition, the report goes on to say that as a nation we are also consuming far too much fat and processed food in our diets and insufficient fish rich in oil. Not surprisingly, such eating habits are having a detrimental effect on the health of the population.

But returning to the consumption of fruit and veg, what actually constitutes a portion? The guidelines are quite clear, defining a portion of fruit or veg as eighty grams. As far as fruit is concerned, for the average person in the street this normally means a piece of fruit like a pear or a slice of watermelon, although a smaller fruit like a mandarin counts as half. Interestingly, dried fruit, such as figs, also count.

Turning to vegetables, on the other hand, three large spoonfuls can usually be considered a portion. Even items in tins or which have been frozen, like peas or carrots, count. Although they are vegetables, it should be borne in mind that potatoes are not included, which might come as a surprise to some. Certain experts have even urged that they be reclassified to avoid confusion, as they mainly contribute starch.

So what can be done to get people to increase their daily fruit and veg intake? Research has shown that eating together as a family improves the likelihood of meeting requirements, especially as far as children are concerned. This contrasts with recent government policy, which has tended to focus on school meals as a means of improving healthy eating in the youngest section of society.

Another proposal is to include cooking in the curriculum. Although biology lessons on nutrition are all very well in theory, it seems that putting things into practice has more of an impact on young people with the result that they are more likely to eat more fruit and veg when they grow older instead of ready-made meals.

Some critics of the report have argued that fresh fruit and veg are simply too dear for poorer sections of society to buy on a regular basis. However, the report points out that purchasing fruit and vegetables in loose form at the market or supermarket rather than in packaging is far more economic.

Another tip contained in the report is eating fruit rather than chocolate or crisps as a snack between meals, as a piece of fruit generally costs half as much as a bar of chocolate or packet of crisps. In this way, eating more fruit and veg could actually allow people to save money in these hard times.

[A pause of 10 seconds between the two recordings/readings]

Now you will hear the report for the second time.

[Read the report at natural speed]

[After the second reading, say the following]:

You now have 1 minute to check your answers and copy them onto the Answer Sheet.

[Count silently to 60 and then say the following:]

This is the end of the listening task. You may now go on to do the other parts of the test.

[You may now stop the CD.]