



## Đề thi thật 1: A Brief History of Humans and Food

During the journey from our hunter-gatherer ancestors to the present day, there have been three seismic changes that have impacted the food we eat: the discovery of cooking, the emergence of agriculture, and the invention of methods of preserving food.

The 19th-century scientist Charles Darwin thought that cooking, after language, was the greatest discovery made by man. All of us eat some raw food, such as fruit and vegetables, but the great majority of food we consume is cooked. Cooking can turn plants that are inedible into edible food by destroying toxic chemicals that plants often manufacture to protect themselves against attack by insects or other herbivorous animals. These toxic chemicals are referred to as "plant secondary compounds" because they are not directly involved in the plant's normal growth, development, and reproduction, and are produced purely as chemical defenses. They give many of the plants we consume, such as coffee or Brussels sprouts, their bitter taste.

Cooked food is often more digestible because heat breaks down tough cellulose cell walls in plants or tough connective tissue in animals. Chewing raw turnip, a plate of uncooked rice, or a raw leg of lamb is much harder work than eating the cooked equivalent. The energy expended in chewing to break down the tough material is replaced by energy from the fuel used in cooking the food, so the ratio of energy gained to energy expended by the body is greater when food is cooked.

Until the development of agriculture, hunter-gatherers spent up to seven hours a day gathering food. This all began to change around 10,500 years ago with the advent of farming, which led to dramatic changes in human societies. People began to create a variety of new tools to aid survival, and in turn, populations increased in size. These changes led to the possibility of specialization of different tasks within society. Around this time, writing became more sophisticated and allowed people to maintain records of the harvest and taxes. Eventually, formalized structures of government were established as people settled in one area.

### Questions 1-5

Do the following statements agree with the information given in Reading Passage 1?

In boxes 1-5 on your answer sheet, write:

- TRUE if the statement agrees with the information
  - FALSE if the statement contradicts the information
  - NOT GIVEN if there is no information on this
1. According to Darwin, cooking was the most significant development in human history.
  2. The process of cooking gets rid of some plant poisons.
  3. Eating cooked food is more energy efficient than eating raw food.
  4. Clarence Birdseye had previously worked in the Australian food industry.
  5. Birdseye's trip with the Inuit confirmed what he already believed about rapid freezing.

The arrival of agriculture meant that, for the first time, our ancestors had more food than they could eat immediately. This, combined with the seasonality of production, led them to discover methods of preserving food: smoking, drying, adding acid by fermentation, or adding salt. These four methods all share one feature in common—they make the food a more hostile environment for bacteria that can cause it to spoil. They also tend to slow down natural chemical reactions in the food that would cause decay.

Although foods today are still preserved in these ancient ways, two more recent methods of preserving food have become more common: canning and freezing. Canning was invented by a Frenchman, Nicholas Appert, in the early 19th century. He sealed food in bottles fabricated from glass and then heated them in boiling water to cook the contents. Appert's method had great advantages over older methods of food preservation: it could be applied to a wide range of foods, and the flavor and texture were similar to freshly cooked products. His idea was soon copied by an Englishman, Peter Durand. Until this point, containers had been too heavy to be widely used, but Durand produced the first ones which were lightweight and resistant to damage. Two years later, in 1812, two Englishmen, Bryan Donkin and John Hall, started the commercial canning of food, although the real rise in popularity of canning had to wait until the invention of the can opener in 1855. Until then, cans were opened with a chisel and hammer. Canning is an extremely effective way of preserving food: one can containing meat, dating back to 1824, was opened in 1939, and the contents were still in good condition.

In the 21st century, the dominance of canning as a method of food preservation has been overtaken by freezing. Chilling food to keep it fresh is an old idea. The earliest mentions of icehouses, thick-walled buildings, half underground, date back to 1700 BC in northwest Iran. In early 16th-century Italy, water was mixed with chemicals to lower its freezing point to -18 degrees Celsius. Several centuries later, frozen fish and other goods were transported by ship from Australia to England. However, the modern frozen food industry was started in the 1920s by an American, Clarence Birdseye. While on a fishing trip with the Inuit in the Canadian Arctic, Birdseye observed that rapid freezing creates smaller ice crystals and therefore causes less damage to food—a discovery he had not expected. Nevertheless, the major growth in demand for frozen food came with the arrival of freezers in ordinary people's homes. The advantages of frozen over canned food include the fact that the flavor and consistency are often identical to the fresh product, and freezing can be used to preserve a wide variety of foods.

## Questions 6–13

Complete the notes below.

Choose **ONE WORD ONLY** from the passage for each answer.

Write your answers in boxes 6–13 on your answer sheet.

*The development of agriculture and food preservation*

- The changes agriculture brought about were:
  - The development of equipment and larger 6. \_\_\_\_\_
  - The ability to keep 7. \_\_\_\_\_ as writing developed
  - The setting up of organized government

## Food Preservation

- Early methods of food preservation included:
  - Smoking
  - Acid or 8. \_\_\_\_\_
  - Adding salt
- Canning
  - Nicholas Appert put food into containers
  - Appert's method resulted in preserved food with the same taste and 9. \_\_\_\_\_ as fresh food
  - Peter Durand introduced cans that were lightweight and 10. \_\_\_\_\_
  - In 1855, the metal can opener replaced the 11. \_\_\_\_\_ and hammer used to open cans
  - Some food was still edible after more than 100 years, e.g., an old can of 12. \_\_\_\_\_
- Freezing
  - Rapid freezing prevents the formation of large ice crystals and causes less 13. \_\_\_\_\_



## Đề thi thật 2 The future of management

Well, I've been talking to managers in a number of businesses, and reading surveys about the future of management. And what I'm going to present in this seminar is a few ideas about how the activity is likely to change in the next ten years. It isn't a scientific, statistical analysis - just some ideas for us to discuss.

One area I want to mention is business markets, and I'm sure a really significant development will be a major increase in competition, with companies from all round the world trying to sell similar products.

Consumers will have much more choice - for instance, food products sold in Australia might be manufactured in the USA, China, Finland and dozens of other countries. At the same time, mergers and takeovers mean that governments are actually losing power to major global corporations.

We can probably all think of companies that exert a great deal of influence, which may be good for consumers.

A third point I want to make about markets is that in the rapidly expanding economies, such as India. China. Brazil and Russia, demand is growing very fast.

This is putting pressure on resources all over the world. I think businesses are becoming more open to external influences. In particular, companies are consulting customers more and more before making their business decisions.

Companies are finding out what they want and providing it, instead of making products and then trying to sell them, which is the model of years ago.

Another influence is that concerns about the environment will force manufacturers to extend product, lifecycles, to reduce the amount of pollution and waste. And in some cases, regulation will need to be strengthened.

Many societies are much more fluid and democratic, and the structure of companies is changing to reflect that. I think we're going to see a greater emphasis within companies on teams created with a specific project in mind.

And when they're completed, the teams will be disbanded and new ones formed.

### Questions 1-10

Complete the notes below.

Write ONE WORD ONLY for each answer.

### THE FUTURE OF MANAGEMENT

#### Business markets

- greater 1 \_\_\_\_\_ among companies
- increase in power of large 2 \_\_\_\_\_ companies
- rising 3 \_\_\_\_\_ in certain countries

#### External influences on businesses

- more discussion with 4 \_\_\_\_\_ before making business decisions
- environmental concerns which may lead to more 5 \_\_\_\_\_

#### Business structures

- more teams will be formed to work on a particular 6 \_\_\_\_\_
- businesses may need to offer hours that are 7 \_\_\_\_\_, or the chance to work remotely

#### Management styles

- increasing need for managers to provide good 8 \_\_\_\_\_
- changes influenced by 9 \_\_\_\_\_ taking senior roles

#### Changes in the economy

- service sector continues to be important
- increasing value of intellectual property
- more and more 10 \_\_\_\_\_ workers



More and more people see work as simply one part of their lifestyle, and not the most important one, and as the workforce is shrinking in some countries, businesses are having to compete for staff instead of being able to choose among a lot of applicants. Typical examples that will attract and retain staff are traditional ones like flexible hours and - something that has been made possible by advances in technology - remote working, with people based at their home, abroad, or almost anywhere they choose

Management styles will almost certainly continue to change. Senior managers will require a lot more than the efficiency that they've always needed. Above all they'll need great skills in leadership, so that their organisation can initiate and respond to change in a fast-moving world, where they face lots of competing requirements and potential conflicts.

In most of the world, the senior managers of large businesses are mainly men in their fifties and sixties. The predominant style of management will almost certainly become more consultative and collaborative, caused above all, by more women moving into senior management positions.

Many of the changes are influenced by developments in the wider economy. The traditional emphasis of business was manufacturing, and of course the service sector is very important. But we shouldn't overlook the growing financial contribution of IP, that is, intellectual property. Some books and films generate enormous sums from the sale of related DVDs, music, games, clothes, and so on.

Another point I'd like to make is that although I've been talking about companies, one trend that they have to face is the move away from people working for the same employer for years. Instead, more and more people are becoming self-employed, to gain the freedom and control over their lives that they're unlikely to get from being employed.

OK, well that's all I want to say, so let's open it up for discussion.



## Đề thi thật 3: How to find your way out of a food deserty

Ordinary citizens have been using the internet to draw attention to the lack of healthy eating options in inner cities

Over the last few months, a survey has been carried out of over 200 greengrocers and convenience stores in Crown Heights, a neighborhood in Brooklyn, New York. As researchers from the Brooklyn Food Association enter the details, colorful dots appear on their online map, which display the specific location of each of the food stores in a handful of central Brooklyn neighborhoods. Clicking on a dot will show you the store's name and whether it carries fresh fruit and vegetables, wholegrain bread, low-fat dairy and other healthy options.

The researchers plan eventually to survey the entire borough of Brooklyn. 'We want to get to a more specific and detailed description of what that looks like', says Jeffrey Heehs, who leads the project. He hopes it will help residents find fresh food in urban areas where the stores sell mostly packaged snacks or fast food, areas otherwise known as food deserts. The aim of the project is also to assist government officials in assessing food availability, and in forming future policies about what kind of food should be sold and where.

In fact, the Brooklyn project represents the intersection of two growing trends: mapping fresh food markets in US cities, and private citizens creating online maps of local neighborhood features. According to Michael Goodchild, a geographer at the University of California at Santa Barbara, citizen map makers may make maps because there is no good government map, or to record problems such as burned-out traffic lights.

According to recent studies, people at higher risk of chronic disease and who receive minimal incomes for the work they do, frequently live in neighborhoods located in food deserts. But how did these food deserts arise? Linda Alwitt and Thomas Donley, marketing researchers at DePaul University in Chicago, found that supermarkets often can't afford the amount of land required for their stores in cities. City planning researcher Cliff Guy and colleagues at the University of Leeds in the UK found in 2004 that smaller urban groceries tend to close due to competition from suburban supermarkets.

As fresh food stores leave a neighborhood, residents find it harder to eat well and stay healthy. Food deserts are linked with lower local health outcomes, and they may be a driving force in the health disparities between lower-income and affluent people in the US. Until recently, the issue attracted little national attention, and received no ongoing funding for research.

Now, more US cities are becoming aware of their food landscapes. Last year, the United States Department of Agriculture launched a map of where food stores are located in all the US counties. Mari Gallagher, who runs a private consulting firm, says her researchers have mapped food stores and related them to health statistics for the cities of Detroit, Chicago, Cincinnati and Washington, D.c. These maps help cities identify where food deserts are and, occasionally, have documented that people living in food deserts have higher rates of diet-related diseases

Questions 14-19

Complete the notes below.

Choose ONE WORD ONLY from the passage for each answer. Write your answers in boxes 14-19 on your answer sheet.

Data on food deserts and their effects on health

The Brooklyn Food Association

- The online map provides users with a store's name, 14. \_\_\_\_\_, and details of its produce.
- One goal of the mapping project is to help \_\_\_\_\_ develop \_\_\_\_\_ new \_\_\_\_\_ 15. \_\_\_\_\_ on food.
- Citizen maps are sometimes made when 16. \_\_\_\_\_ maps are unsatisfactory.

Reasons for the development of food deserts

- New research suggests that people living in food deserts often have low 17. \_\_\_\_\_.
- Some supermarkets are unable to buy enough 18. \_\_\_\_\_ inside cities for their stores.
- Small grocery stores in cities often cannot cope with supermarket 19. \_\_\_\_\_.



## Đề thi thật 3: How to find your way out of a food deserty

The Brooklyn project differs in that it's run by a local core of five volunteers who have worked on the project for the past year, rather than trained, academic researchers. To gather data, they simply go to individual stores with pre-printed surveys in hand, and once the storekeeper's permission has been obtained, check off boxes on their list against the products for sale in the store. Their approach to data collection and research has been made possible by technologies such as mapping software and GPS-related smart phones, Google Maps and OpenStreetMap, an open-source online map with a history of involvement in social issues. Like Brooklyn Food Association volunteers, many citizen online map makers use maps to bring local problems to official attention, Goodchild says. Heehs, the mapping project leader, says that after his group gathers more data, it will compare neighborhoods, come up with solutions to address local needs, and then present them to New York City officials. Their website hasn't caught them much local or official attention yet, however. It was launched only recently, but its creators haven't yet set up systems to see who's looking at it. Experts who visited the Brooklyn group's site were optimistic but cautious. 'This kind of detailed information could be very useful' says Michele Ver Ploeg, an economist for the Department of Agriculture. To make the map more helpful to both residents and policy makers, she would like to see price data for healthy products, too. Karen Ansel, a registered dietician and a spokesperson for the American Dietetic Association, found the site confusing to navigate. 'That said, with this information in place the group has the tools to build a more user-friendly site that could be ... very helpful to consumers', she says. 'The group also should ensure their map is available to those who don't have internet access at home', she adds. In fact, a significant proportion of Brooklyn residents don't have internet access at home and 8 percent rely on dial-up service, instead of high-speed internet access, according to Gretchen Maneval, director of Brooklyn College's Center for the study of Brooklyn. 'It's still very much a work in progress', Heehs says of the online map. They'll start advertising it online and by email to other community groups, such as urban food garden associations, next month. He also hopes warmer days in the spring will draw out fresh volunteers to spread awareness and to finish surveying, as they have about two-thirds of Brooklyn left to cover.

### Questions 20–26

Do the following statements agree with the information given in Reading Passage? In boxes 20–26 on your answer sheet, write

- TRUE if the statement agrees with the information
- FALSE if the statement contradicts the information
- NOT GIVEN if there is no information on this

20. A group of professional researchers are in charge of the Brooklyn project.
21. The Brooklyn project team carries out their assessment of stores without the owner's knowledge.
22. The Brooklyn project has experienced technical difficulties setting up the website.
23. The city government has taken a considerable interest in the Brooklyn project website.
24. Michele Ver Ploeg believes the Brooklyn project website should contain additional information.
25. The rate of internet use in Brooklyn is unlikely to increase in the near future.
26. Jeffrey Heehs would like more people to assist with the Brooklyn project research.