



# Reading for specific information

## Additives

UNIT AIMS

**Skill:** reading for specific information

**Vocabulary:** food and drink topic vocabulary

**Exam practice:** *Advanced Paper 1 Part 8*

### Improve your reading skills: reading for specific information

**What is reading for specific information?**

*Reading for specific information involves understanding what information, or what kind of information, you're looking for, locating it and then reading the relevant part carefully to get a full and detailed understanding. Sometimes, reading for specific information also involves reading to see if information is contained in a text.*

- 1 What conclusion can be drawn from the final sentence of the paragraph?
- A You might need to determine that the text is factually incorrect.
  - B You might have to determine that the text lacks certain information.
  - C You might not be able to determine whether the information is there.

**Why is reading for specific information important?**

*In real life, we often only read parts of texts (the parts that provide the information we're interested in). For example, if you want to know what's on TV tonight, you won't look at the programmes listed in the TV listings for earlier in the day. In reading tasks in English exams, time pressure forces candidates to find information quickly so doing this helps in both real-life and exam situations.*

- 2 What is suggested about reading tasks in exams?
- A The exam rules determine which skills you need to use.
  - B They require skills not used in normal everyday life.
  - C They usually give you plenty of time to achieve the task.

**How do you read for specific information?**

*After identifying the information you need, it's helpful to determine which part of the text it is in. Headings can help with this, as can reading for gist. The main reading skill employed is scanning. This involves moving very quickly over the text, ignoring unknown vocabulary and focusing solely on key words, phrases and ideas. Scanning should enable you to find the specific information. Then read that part more carefully to get a full understanding.*

- 3 Reading for gist can be helpful in
- A locating a specific word or phrase.
  - B working out unknown vocabulary.
  - C finding the general location of an idea.

**How is reading for specific information important in *Advanced*?**

*It's particularly important in Parts 5, 6 and 8. In Part 5, you need to find the answers to multiple-choice questions. This will almost certainly involve scanning the text and reading the relevant part closely to find the required information. In Part 6, the specific information relates to the writers' opinions and attitudes. In Part 8, you won't have enough time to read the whole text slowly to find each answer so you need to scan to find specific information and then read it carefully for detail.*

- 4 What is suggested by the information about Part 6?
- A Specific information is always factual and objective in nature.
  - B Specific information is rarely factual and objective in nature.
  - C Specific information does not have to be factual and objective in nature.



## Get started

Look at the photo and answer the questions.

- Which kind of farm do you think the picture shows?
- Which of these substances are permissible for use on organic crops?  
manmade chemicals / natural fertilisers / pesticides
- Do you ever eat organic food? Why? / Why not?

## Develop your vocabulary

1 Write a word or phrase from the box in each gap to complete the sentences.

domestic fowl ■ growth hormones ■ processed ■ rancid ■ sweet tooth

- |  |  |
|--|--|
| <p>1 This book of easy-to-follow dessert recipes is an ideal present for anyone with a _____.</p> <p>2 This butter smells _____ – throw it away!</p> <p>3 It's difficult to find out exactly which ingredients are used to make _____ foods.</p> | <p>4 Some farmers inject their animals with _____ to make them bigger and heavier.</p> <p>5 The use of _____ such as chickens and geese for their meat and eggs dates back to ancient times.</p> |
|--|--|

2 Match each verb with a phrase to make expressions.

- |                    |   |
|--------------------|---|
| 1 stir             | — |
| 2 get              | — |
| 3 tingle           | — |
| 4 upset            | — |
| 5 whip up          | — |
| a hot and bothered |   |
| b the apple cart   |   |
| c a quick meal     |   |
| d the imagination  |   |
| e your taste buds  |   |

3 Read the paragraph and circle the correct words.

Industrial farming methods are commonplace, but the philosophy of organic farming could be about to change the way many of us eat. Consumers have (1) **dangerous** / **grave** concerns about eating fruit and vegetables that have been grown with the use of pesticides and chemical (2) **fertilisers** / **additives**. The use of chemicals might make the crops immune to (3) **epidemics** / **infestations**, but consumers have started to worry about the (4) **adverse** / **modified** effects that such farming techniques might have. Organic farming could offer a solution to this problem. Farmers are able to cultivate (5) **abundant** / **plenty** crops using natural fertilisers. The same is true for farms involved in the meat and (6) **dairy** / **milk product** industries. Farmers can use organic feed for their (7) **livestock** / **meat** instead of giving them harmful processed foods. Organic farming might also avoid some of the (8) **hygiene** / **well-being** issues that are connected to industrial farming, as well as giving people better quality meat to choose from.

**Develop your reading skills: reading for specific information**

1 Underline the word or phrase in each sentence which can be replaced by the word in bold.

- 1 There are a number of adverse effects which are caused by consuming certain food additives.
- 2 Additives are components used in the preparation of processed foods.
- 3 Mounting costs were resulting in an unprofitable crop.
- 4 There are potential risks involved in using GM technology in food.
- 5 The government approved the use of genetically-modified crops in food production.
- 6 GM foods have only been on the market since 1994.

**consequences**  
**ingredients**  
**rising**  
**dangers**  
**enhanced**  
**available**

2 Match each phrase with a headline.

- |                              |   |   |
|------------------------------|---|---|
| 1 food with altered DNA      | → | a Diner hospitalised with food poisoning                              |
| 2 healthy dining             | → | b <i>Sushi world record broken on Japanese holiday</i>                |
| 3 cooking instructions       | → | c Chef posts his top ten recipes online                               |
| 4 a type of food additive    | → | d <i>Toxic sugar substitute contained in over 9,000 food products</i> |
| 5 a national dish            | → | e New chain of organic restaurants opens                              |
| 6 a meal that caused illness | → | f <i>Genetically-modified foods to be sold in supermarkets</i>        |

3 Read the headlines in exercise 2 again. Underline between one and three words in each headline which gave you the answers.

4 Match the underlined words and phrases in the text with the headings.



20 Minutes?

08

Last year, when I was reviewing Andrew Wong's 20-Minute Meals, I failed at every attempt to produce the meals in the allotted time. Wong's follow-up, 100 More 20-Minute Meals, suffers from the same unrealistic objective. The celebrity chef might be able to whip up these meals in that time himself, but everyone else should allow themselves at least double that. The quickest time I managed was 38 minutes for the 'black bean curry'. I can assure you, however, that once you allow yourself some extra time, you can avoid getting hot and bothered and really start

to enjoy your cooking. The original '20-Minute' book went on to become my most used cookbook. Every one of Wong's dishes stirs your imagination and tingles your taste buds. The delicious flavours, easy-to-follow recipes and stunning photography are all neatly packaged in both of these books. I love Wong's abundant use of herbs and spices, but I'm less keen on the unusual ingredients which take much longer to source than they do to sauce. 100 More 20-Minute Meals provides you with a fascinating range of recipes, including plenty for vegetarians and those with a sweet tooth.

- 1 Time period: \_\_\_\_\_
- 2 Book title: \_\_\_\_\_
- 3 Dish: \_\_\_\_\_

- 4 Ingredients: \_\_\_\_\_
- 5 Person/People: \_\_\_\_\_
- 6 Household chore: \_\_\_\_\_

5 Read the text in exercise 4 again. Write a word or phrase from the text in each gap to complete each sentence.

- 1 I didn't succeed in my \_\_\_\_\_ at making the meal quickly.
- 2 *100 More 20-Minute Meals* is Wong's \_\_\_\_\_ book to *20-Minute Meals*.
- 3 Wong can possibly \_\_\_\_\_ his meals in the 20-minute time limit.
- 4 I enjoyed the cooking once I gave myself time not to get \_\_\_\_\_ .
- 5 The meals are so creative that they really \_\_\_\_\_ your taste buds.
- 6 Both books have \_\_\_\_\_ recipes that almost anyone could use.
- 7 It could take a while to find the rare \_\_\_\_\_ Wong uses in his books.
- 8 People who don't eat meat or who have a \_\_\_\_\_ will find plenty in this cookbook.

6 Scan the article as quickly as you can and tick the information that is mentioned. Do not read it carefully word by word.

With fast food chains becoming more popular and people's attempts to make meals more quickly and cheaply, livestock is now raised differently than it was in days gone by. Many domestic animals will never breathe fresh air outside nor eat off the land. Chickens that live indoors their entire lives are fed grains which include antibiotics to help them grow faster until they are deemed large enough to butcher.

Cattle farms are not what they used to be either. Cows usually start life in fields before they are sold to the meat production industry. Huge factory-like structures can house thousands of these large animals, but this can have huge implications for food safety because such cattle live in their own manure. The cattle are given growth hormones in their ears to help them grow faster. Once they are sufficiently fattened up, they are sent to slaughterhouses, where they are processed into cuts of meat and what's left is sent to the grinder. After that, the processed meat is made into burger patties and shipped to fast food restaurants for everyone to enjoy.



- |  |       |
|--|-------|
| 1 the first fast food restaurant       | _____ |
| 2 animals kept for profit              | _____ |
| 3 a domestic fowl                      | _____ |
| 4 feeding methods                      | _____ |
| 5 a building to house animals          | _____ |
| 6 a hygiene issue                      | _____ |
| 7 a health problem related to the ears | _____ |
| 8 a machine that minces meat           | _____ |

7 Read the text in exercise 6 again. Find words or phrases in the text that match these underlined words and phrases.

- 1 According to the writer, animals are not raised as they were in the past ... \_\_\_\_\_
- 2 To make them ready for slaughtering, some domestic fowl are ... \_\_\_\_\_
- 3 The writer is concerned about the buildings cattle are kept in because they ... \_\_\_\_\_

8 Read the text in exercise 6 again and choose the correct answers.

- 1 According to the writer, animals are not raised as they were in the past
  - A because they are now domesticated.
  - B due to the demands of certain restaurants.
  - C as a result of people's growing disapproval of fast food outlets.
  - D because people can cook more quickly these days.
- 2 To make them ready for slaughtering, some domestic fowl are
  - A given enhanced foods.
  - B tested for bacterial infections.
  - C provided with fresh air.
  - D deprived of medication they need.
- 3 The writer is concerned about the buildings cattle are kept in because they
  - A are too spacious.
  - B make meat production faster.
  - C do not have good safety measures for workers.
  - D could cause hygiene issues.

9 Match each article with a title. There is one extra title which you do not need to use.

- a *Tighter rules for GM crops*      b *Fears over GM foods*      c *Potential benefits of GM technology*

1 \_\_\_\_

**WE** now have the ability to add specific qualities to our food through science. However, the use of genetically-modified foods has upset the apple cart. Many people are reluctant to alter the natural properties of our food, but that's just what humans have been doing since time immemorial. Our ability to cook the meat of the animals we hunted allowed us to grow stronger and helped our brains to develop. Genetically-modified foods or crops can enhance taste and quality, increase nutrients or improve a crop's resistance to pests or disease. GM foods can even be used to help conserve natural resources, for example by requiring less water or energy to grow. The question is, why are so many people against the use of GM technology in food?

2 \_\_\_\_

**GM** foods hold great promise in providing solutions to help feed the growing population of the world, but there are also potential risks. What effects will GM technologies have on the environment, biodiversity and the way our eco-systems work? If we grow crops that are immune to infestations, what will happen to the insects that can no longer feed on them? There are very grave concerns about the impact this could have on other species further up the food chain. When GM crops are grown in a field, can farmers guarantee that the genes from the modified organisms won't get mixed with natural plants in neighbouring fields? The more GM crop production expands, the more urgent becomes the need to find answers to these questions.

10 Read the texts in exercise 9 again and decide if these ideas are stated (S) or not stated (N).

- 1 People have always changed some attributes of food. \_\_\_\_\_
- 2 Using GM technology on crops will make insects immune to pesticides. \_\_\_\_\_
- 3 Using GM ingredients can make food have better flavour. \_\_\_\_\_
- 4 GM crops can potentially combine with unaltered crops. \_\_\_\_\_
- 5 Altering the genes of crops can affect various organisms in the same ecosystem. \_\_\_\_\_
- 6 Mankind's evolutionary progress was enhanced by eating raw meat. \_\_\_\_\_

11 Read the texts in exercise 9 again. Underline the information which gave you the answers to exercise 10.

## Exam focus:

# reading for specific information in *Advanced*

1 Look at the exam practice section on pages 52 and 53 and find words in the questions that have a similar meaning to these words and phrases.

- |                                |                   |
|--------------------------------|-------------------|
| 1 artificial _____             | 4 period _____    |
| 2 health and cleanliness _____ | 5 carefully _____ |
| 3 widespread _____             |                   |

2 Quickly read the reviews and find words or phrases that have a similar meaning to these phrases.

- |  |  |
|--|--|
| 1 try out a small amount _____           | 5 milk, butter and cheese _____          |
| 2 animals raised to be sold _____        | 6 grow plants _____                      |
| 3 items full of the best flavours _____  | 7 retailer who sells food products _____ |
| 4 chemicals added to prevent decay _____ | 8 not very appealing _____               |

### Skills tip

In *Advanced* Paper 1 Part 8, should you

- a** underline key words in the questions? **Yes / No**
- b** look quickly for information in the texts which is related to key words in the questions? **Yes / No**

### a — THE ORGANIC CHEF —

The Organic Chef is a local food supplier that works diligently to bring the healthiest and tastiest products to your kitchen. It is a small, family-run business which grows its own produce and raises its own livestock on the family farm. The Organic Chef is proud of its organic farming methods, meaning that no chemicals are used to cultivate crops. The livestock are all fed with high-quality organic vegetables. The price of The Organic Chef's goods might be a little off-putting to some shoppers, but the quality of the meats, fruit and vegetables, as well as the purity of our products, really makes it worth parting with that extra cash.



### b — ORGANIC SUPERMARKETS —

Any supermarket you walk into these days has got at least one aisle dedicated to organic foods. Nowadays we are seeing more and more 'organic only' supermarkets opening too. Is this because the owners of these chains are determined to improve consumers' choice and protect them from the harmful effects of food additives? I decided to sample some meats, dairy products and fruit and vegetables that were marketed as organic whole foods. However, after some research, I discovered that none of the foods were grown locally. They also claim that preservatives are not used in their products – so, given that these same products are transported over long distances before they reach their destination on the supermarket shelves, just how 'fresh' are they? I'm not sure I really want to pay twice the price of regular supermarket products and run the risk of getting food poisoning into the bargain.



3 Read the reviews in exercise 2 again. In which review, **a** or **b**,

- 1 does the writer discuss a company run by a group of relatives? \_\_\_\_\_
- 2 is the writer concerned about the possibility of foods decaying? \_\_\_\_\_
- 3 is the cost of organic food justified? \_\_\_\_\_
- 4 does the writer state that the foods are produced locally? \_\_\_\_\_
- 5 did the writer search for the original source of products? \_\_\_\_\_

4 Underline the information which gave you the answers in exercise 3.

*Exam practice:***Advanced Paper 1 Part 8**

You are going to read four texts about food additives. For questions 1–10, choose from the articles (A–D). The articles may be chosen more than once.

**Which person**

- says that manmade additives could cause behavioural problems?
- describes an additive that can stop important substances being digested?
- mentions an additive that influences dental hygiene?
- admits that foods can contain under-researched and poisonous additives?
- recognises that additives can prevent large-scale outbreaks of disease?
- states that we have to use additives as a result of overpopulation?
- mentions that different types of people need to eat different foods?
- states that food additives were used in the pre-modern era?
- says that manufacturers are more closely observed as a result of information on food packaging?
- states that all ingredients are examined before they are sold?

**Skills tip**

In this part, you will not have enough time to read through all the texts very slowly and carefully. You should practise this exam task within a strict time limit in order to become comfortable with completing the task under exam conditions. Underline a key word or phrase in the first question and scan the text quickly looking for a corresponding word or phrase. When you find information that seems relevant, read that section more carefully to determine if it provides the answer. Repeat this step for each question and allow yourself enough time to double check your answers at the end.

# FOOD ADDITIVES

*Four food and nutrition experts discuss the use of additives in food*

## **A Koki Nakamura: nutritionist**

Diet is very important to every individual's health and well-being. I've got clients from all walks of life who have different needs and requirements when it comes to the food they eat. Many people believe that if a food label says 'no fat' or 'low in fat', then it must be healthy. I cannot stress enough how untrue this is. You would think, with the bad reputation fats have got, that a 'non-fat' fat would be ideal. Fake fats contain no fat, no calories and no cholesterol, but they come at another price. These food additives prevent vitamins A, E and D from being absorbed into the body. Such substances are thought to keep the immune system healthy and prevent some cancers. Fake fats are also responsible for digestive problems if people consume too many of them.

## **B Lynne Davis: food scientist**

Food additives are not manufactured solely by the chemical industry, since a number of common additives are extracted from naturally-occurring substances. The best known additives are preservatives, colours and flavours, but many others are commonly used, such as antioxidants, thickeners and sweeteners. Some of these additives are essential in our modern world. Without preservatives, food would go off quickly and that would result in a lot of waste. Scientists don't just add chemicals to food without researching the substances first. Every constituent of processed food is tested before it is used. There are also tight food regulations all over the world which control the use of additives. There are a few bad apples out there who add dangerous toxins to their foods without testing them thoroughly, but I know that the world's ever-increasing population dictates that we have to find ways to make our food resources go further and last longer.

## **C Ivan Mendes: food historian**

People have been enhancing their food with naturally available flavourings, preservatives and colours for centuries, but there has been an increasing use of food additives since the 19th century. Since the 1980s, additives are required to be identified on food labels. The use of these labels and nutrition facts on food products has opened the food industry to more public scrutiny. As a result, the production of processed foods in particular has become a matter of controversy. Many people have become so sceptical of additives that they do not recognise the potential health benefits. In the 1940s, for example, calcium was added to flour to prevent rickets, a disease that causes the softening of bones in children. Other examples include antioxidants being used to prevent the fat in meats going rancid and the use of fluoride in public water supplies to reduce tooth decay.

## **D Jyoti Sharma: food safety officer**

There has been significant controversy associated with the risks and benefits of food additives. Some artificial food additives have been linked to cancer, digestive problems, neurological conditions, heart disease, obesity and even hyperactivity in children. People are less inclined to question natural additives which have been found to be similarly harmful. They can also be the cause of allergic reactions in certain individuals. However, what food additives do to the food itself is what many people fail to consider. Many of the constituents that you read about on the food and nutrition labels are absolutely essential to commercial food preparation and storage. The job of a food safety officer would be much harder if food went off quickly. Food-borne illnesses and epidemics would not only become more widespread, they would become almost impossible to pinpoint and eliminate. There's no doubt in my mind that additives are more beneficial than they are harmful.