GYAKORLÓ ISKOLÁK ORSZÁGOS ANGOL NYELVI VERSENYE

9-10. évfolyam

FOOD FOR THOUGHT

2025. november 6.

Iskolai forduló feladatsora

Versenyző neve: .....

Évfolyama: .....

Iskolája: .....

Felkészítő tanára: .....

A feladatokban elért pontszám:

1	2	3	4	5	6	7	8	9	10

Összes elért pont: _____/ 135

Javító tanár aláírása: _____

TASK 1: Read the article about the growing popularity of a Japanese speciality. Some sentences have been removed from the text. Your task is to reconstruct the text by filling in the gaps (1-12) from the list (A- N) below. Write your answers in the boxes after the text as in the example (0). Remember that there is ONE extra le tter that you do not need.

Who drank all the matcha? How tourism drained a Japanese town

In Uji, Japan's historic matcha capital, demand for premium green tea is outpacing supply. **(0)**_____ 10:00 is an important time in Uji, Japan. **(1)**_____

The town is just a half hour train ride from Kyoto and is world-renowned for matcha, the pulverised green tea traditionally frothed with hot water.

Just before the hour, I stroll off the subway and head straight to nearby Nakamura Tokichi Honten; once the supplier of tea to the emperor and now arguably the most prestigious matcha purveyor in Japan. I've heard securing a table at their cafe can be difficult, so I grow nervous as two girls scamper ahead of me. The cafe hasn't officially opened yet, so I grab a numbered ticket to reserve a spot. **(2)**_____

While I wait, I stroll through the shop and browse the many matcha products lining the shelves – ice creams, confections, even matcha-infused noodles. **(3)**_____

I notice a lady with a basket full of green tins, and a commotion breaks out in the corner. A diminutive Japanese store worker tries to restock a shelf, but she barely places a tin down before it is eagerly snatched up in the throng of tourists. She is swarmed on all sides by grabby arms, and some people even reach directly into her basket to snag canisters of the precious powder. **(4)**_____

Realising these are the few matcha tins left in the shop, I reach into the crowd to wrap my fingers around a white canister. Someone grabs my hand, then grunts and lets go. A second later, a tall woman with an American accent yells out, **(5)**_____ My guess is that it's not past 10:05.

I join the queue to pay for my 30g tin, not knowing exactly what I've grabbed or how much it costs. I surmise that I didn't get the more potent of matchas, as others have tins of varying shades of green. **(6)**_____ In a German accent he says, "I can't believe I just spent 250 euros on tea." He seems proud.

Rich with antioxidants and with a more tempered caffeine boost, matcha has seen skyrocketing demand around the world. Japan's Ministry of Agriculture, Forestry and Fisheries reports that 4,176 tons of matcha were produced in 2023, a threefold increase since 2010. **(7)**_____ Market reports show that the beverage's popularity is largely attributed to its health benefits, and the grinch-green drinks and desserts also play well on social media.

(8)_____ Ceremonial matchas are typically made from the newest leaves of the season and are valued for their rich, almost umami flavour, with no bitterness. On the other end of the matcha-tasting spectrum is culinary matcha, which tends to be coarser and has a slight bitter taste – better suited for saccharine confections. Falling in between the two are premium or daily use grades, which are versatile in use.

Tomomi Hisaki, general manager at the Tsujirihei flagship store, says that international visitors have a particular proclivity for top-grade ceremonial matchas and often buy stashes in bulk. But she says supply cannot keep up with demand. "High-grade Uji matcha is not something that can be mass-produced in the first place," she says. **(9)**_____ "However, if you cover it, it will not be able to photosynthesize, so it will not grow, and the harvest will be small," she says.

Another bottleneck in production, Hisaki explains, is the traditional stone mills. These mills produce a particularly fine powder, but each mill can only yield about 400g of tea after eight hours – enough for 13 tins. Matcha production could be boosted by planting more tea farms, Hisaki says, but it would take years for current investments to reach store shelves.

(10)_____ Hisaki says that since the start of the year, their store will sell a month's supply of matcha powder in a single day. And if the frenzy continues, she says, tea ceremony instructors, temples and shrines could have difficulty securing supply.

"We have heard reports of ceremonial matcha being used for lattes and smoothies, which can reduce the availability of high-quality matcha for those who wish to enjoy it in its traditional form," says Simona Suzuki, president of the Global Japanese Tea Association. **(11)**_____

Despite the shortage of matcha powder, Uji is still like a tea-themed park with an endless diversity of products. At Nakamura Tokichi I order a tea-infused soba noodle and matcha parfait, and from souvenir shops I purchase matcha fettuccine and curry. Eateries dish up matcha gyozas, takoyaki and ramen.

At Tsujirihei, I purchase a bag of sweetened matcha powder, a product designed to be easily dissolved in water – ideal for matcha lattes or other sweet drinks. **(12)**_____ Sure, this drink wasn't served to the emperor, but it suits my purposes just fine.

A. Ballooning in parallel is Japan's tourism industry: 2024 saw nearly 37 million tourists, a record high.
B. There's no singular grading system for matcha, but many shops will broadly categorise their powders as ceremonial, premium or culinary.
C. This scarcity of Uji-made ceremonial matcha fosters a sense of exclusivity, which further fuels the zeal of tourists.
D. But I'm looking for some of the actual stuff: matcha powder.
E. I'm sipping on this sort of instant matcha latte now, enlivened by its verdant greenness and soothed by its warmth.
F. I watch enviously as a man in the front of the line has 30 or so tins sealed in a tax-free plastic bag.
G. Somehow there are already 35 people ahead of me in line.
H. She yells out in Japanese, but her message is lost on the foreign ears surrounding her.
I. It's when the matcha shops open.
~~J. As tourists scramble for tins, locals fear that tradition may be getting diluted.~~
K. "It's gone. All the matcha's gone."
L. "I think it's wonderful that the matcha of Japan is spreading."
M. "Our hope is that foreign tourists will consider the intended use when purchasing matcha."
N. For one, tea leaves destined for ceremonial matcha are grown in the shade, as the darkness produces a richer, more umami and astringent flavour.

0	1	2	3	4	5	6	7	8	9	10	11	12
J												

TASK 2: You are going to read an article in which six readers share their best food experiences across Europe. Your task is to match the statements (1-15) with the readers/contributors (A-G). One person can have more than one statement. Write the letter of the reader/contributor next to the statement. There are THREE statements that nobody mentions – write an X in those gaps. There is an example (0) at the beginning.

'True flavours and honest hospitality': readers' favourite food experiences in Europe

From a herring festival in The Hague to the best pizza in Rome, our tipsters share their perfect foodie travel moments

Which reader/contributor…

(0) writes about an event which marks the beginning of the fishing season? __*A*__
(1) describes the bucolic mountainous surroundings where you can taste some locally made dishes? ____
(2) attempts at a pun with the name of the food and of the place where you can find it? ____
(3) mentions two unconventional locations in a rural area? ____
(4) was enchanted both by the natural surroundings and by the local cuisine? ____
(5) stumbled upon a perfect combination of natural beauty, gourmet food and music? ____
(6) spent a few days testing the network of cycling paths and the fine-dining opportunities at the same time? ____
(7) munched his food admiring a famous landmark of a famous city? ____
(8) writes about a roadside stop on a scenic route for a local delicacy? ____
(9) describes a traditionally made cheap treat? ____
(10) remembers fondly the simple yet delicious fish lunch in a picturesque setting? ____
(11) gives the names of certain dishes in the original language with a brief explanation in English? ____
(12) urges the visitor to share a drink with a local and listen to their appreciation of the current yield? ____
(13) was pleased by the homegrown produce, gourmet cuisine and affordable price? ____
(14) appreciated the unadulterated quality of the food and vine they tasted? ____
(15) found a Far-Eastern dish in a family-owned restaurant in the centre of Europe? ____

A) Olivia: Herring festival in The Hague

Despite its name, Flag Day (*Vlaggetjesdag*) in Scheveningen – a seaside resort close to The Hague – is actually more about fresh herring. Fishmongers bring in the first catch of the year in June, the *hollandse nieuwe*, and mark the start of the herring season with festivities, marching bands, wearing traditional costumes, and even an auction of the first vat of fish to raise money for charity. Don't miss the chance to share a *jenever* (gin) with a Scheveninger, who will tell you how this year's herring compares with last year's.

B) AG: Flatbread heaven in Bosnia and Herzegovina

On the road from Sarajevo to Mostar, in Bosnia and Herzegovina, there is a small bakery in the town of Ostrožac called Pekara Centar. There, for less than a euro, you can enjoy *lepinja* with *kajmak* – a charred traditional flatbread made in a stone oven and filled with a rich, creamy spread from a local dairy. The bakery is on one of the most picturesque roads through the Neretva River canyon, making this delicious bite even more special.

C) Ellen: Catch of the day in Bavaria

In the beautiful surronds of Chiemsee, southern Germany, my partner and I enjoyed a lunch of fresh fish at the family-run Chiemseefischerei Stephan, just west of the lake. With just a couple of options available on each daily menu, we didn't have to faff around with a complicated order, and instead enjoyed the simplicity of the fish, rich potatoes, crisp salad and local Bavarian *Weissbier* in the modern wood-panelled room. There was also Chiemsee sushi on the menu. I remember stepping out of the restaurant afterwards into the bright sunshine, hand in hand with my partner, mountains in the distance, and thinking: could life get any better?

D) Ross Cameron: A mountainous feast in Kosovo

After scaling Kosovo's highest peak, Gjeravica, Gacaferi Guest House provides delicious home-cooked food in an idyllic setting surrounded by mountains and shepherds herding flocks. Expect delicious *byrek* (savoury pastry), *fergesë* (Albanian red peppers and feta cheese), *speca në ajkë* (fermented peppers with yoghurt), and homemade cheese – all cooked over a wood fire and washed down with local rakia.

E) Enrico: A brilliant kitchen garden in the Czech Republic

In the off-the-beaten-path Klatovy region of the Czech Republic's south-west, I spent a few days driving around rolling countryside, climbing lookout towers and cooling off in rivers while looking out for kingfishers. The food scene was surprisingly excellent, with the highlight being Hospůdka U Štěpána, a fantastic restaurant near Sušice. A huge kitchen garden provides most of the produce, accompanying the wide range of different steaks from self-reared charolais beef. Fried courgette flowers followed by striploin in chimichurri sauce were some highlights in our August visit, along with the rustic vibe and more than fair price.

F) Daniel Becker: My favourite pizza in Rome

Having tested a few pizza-piazza combinations in Rome, we enjoyed a pizza from Antico Forno Roscioli sitting on the kerb in Piazza Navona. It's a 500-metre walk from the 19th-century bakery to the 15th-century public space (built atop the first-century Circus Agonalis). It's the best pizza in Rome (in my humble view) and a relatively uncrowded and spectacular baroque spectacle of a square (oval?).

G) Sophie: Gourmet cycling in the Netherlands

We caught the train to Groningen in the Netherlands and spent five days cycling its extensive paths. Every night we indulged in a four-course, fine-dining experience. Ginger soup or fried polenta with wasabi, local beef or salmon tartare followed by organic Dutch cheeses, and a liquorice sorbet with blackberry creams. Perfect after a 30-mile cycle ride, and a constant source of conversation.

TASK 3: Read the following article and choose the option (A, B, C or D) that fits each gap (1-10). Write your answers in the grid below the text. There is an example (0) at the beginning.

'Doomsday Vault' Protects Earth's Food Supply—Here's How

Longyearbyen, Svalbard — The ***(0)*****_____** wipers on the SUV work overtime as Åsmund Asdal zigzags up the fog-covered mountain to the Svalbard Global Seed Vault.

"The main reason we have civilization is that humans developed ways of using seeds," says Asdal, the operations and management coordinator of the facility, as he peers over the steering wheel through the **(1)_____**.

Today the wide range of plants that humans have relied on throughout history is threatened by the clones of modern industrial agriculture, new diseases, and climate change. The storage **(2)_____** — in Norway's Svalbard archipelago 800 miles above the Arctic Circle—was designed to ensure that nature's vast **(3)_____** of genes is not lost.

At the entrance tunnel to the warehouse, the wind is drowned out by the roar of a cooling system that deepens the freeze in the space to minus 18°C (0°F)—a temperature ensuring that seed samples stay **(4)_____** in the event of a global cataclysm.

"People call the vault a Noah's Ark for seeds," says Asdal, a biologist and agronomist. "I think that's quite a good comparison."

Currently, the facility holds around 930,000 seed samples representing 5,000 plant species. They're stored behind heavy doors covered in a layer of glittering ice, in three big rooms deep inside the mountain. The vault is said to be an ideal location for long-term storage, partly because permafrost offers cost-effective freezing– and it would take a long time to **(5)_____** in case of a power outage.

The vault was founded as a safety net for national seed banks, which donated the samples. It does not store the seeds of **(6)_____** plants; it protects the genetic material of the foods we see on our plates every day, as well as the wild relatives of these plants.

"We keep plants here that are important for the production of food," Asdal says. Those **(7)_____** include around 140,000 different samples of wheat varieties; 150,000 samples of rice; 70,000 samples of barley; and between 10,000 and 20,000 samples each of different kinds of potatoes, peas, **(8)_____,** and many other crops.

Aside from an apocalypse—nuclear war, asteroids—there are multiple threats facing farming today. Industrial agriculture relies on monocrops of clones, so one **(9)_____** could potentially wipe out an entire **(10)_____** variety. Climate change means one drought could wipe out a non-resilient strain.

As an example, farmers used to grow 1,700 different kinds of rice in Taiwan. Today, only three varieties make up 82 percent of the island's farmed area.

Behind ice-covered doors, the facility holds around 930,000 seed samples representing 5,000 plant species.

0)	**A**. tail light	**B.** window	**C.** windshield	**D.** blade
1)	**A.** dew	**B.** haze	**C.** humidity	**D.** vapour
2)	**A.** vault	**B.** cellar	**C.** pit	**D.** locker
3)	**A.** display	**B.** array	**C.** quantity	**D.** option
4)	**A.** possible	**B.** practicable	**C.** doable	**D.** viable
5)	**A.** revive	**B.** thaw	**C.** melt	**D.** unfrost
6)	**A.** diverse	**B.** native	**C.** indigenous	**D.** endangered
7)	**A.** staples	**B.** basic	**C.** supplies	**D.** diets
8)	**A.** fodder	**B.** staple	**C.** sorghum	**D.** forage
9)	**A.** plague	**B.** fungi	**C.** pest	**D.** mildew
10)	**A.** resistant	**B.** insensitive	**C.** disposed	**D.** susceptible

0	1	2	3	4	5	6	7	8	9	10
C										

TASK 4: Read the article below about the Turing test. For sentences 1-6 choose the best option A, B, C or D based on what the text says. There is an example (0) at the beginning.

An AI Fooled Humans and Passed the Turing Test. But It's a Red Herring for the Singularity

A study by scientists at UC San Diego found that OpenAI's large language model GPT-4.5 passed for human 73 percent of the time, but is this really an AGI breakthrough?

Even in 1950, at the dawn of the computing age, famous British mathematician and computer scientist Alan Turing knew that machines would one day rival the conversational abilities of humans. To illustrate this idea, Turing developed his eponymous Turing test to gauge whether a machine has become syntactically indistinguishable from its flesh-and-blood creators.

In the ensuing decades, the Turing test has often been touted as an all-important benchmark for the capabilities of advanced computers and AI. And in a recent test, participants mistook GPT-4.5, the latest OpenAI large language model (LLM), for a human 73 percent of the time—far above the 50 percent rate for random chance. A paper discussing the results of this test were uploaded to the preprint server arXiv by scientists at the University of California (UC) San Diego late last month.

"The results constitute the first empirical evidence that any artificial system passes a standard three-party Turing test," the authors wrote. "The results have implications for debates about what kind of intelligence is exhibited by LLMs, and the social and economic impacts these systems are likely to have."

While no doubt impressive, GPT-4.5 had a few tricks up its sleeve to pass itself off as human. First, the authors instructed the LLM to adopt a "humanlike persona," which essentially resulted in texts full of internet shorthand and socially-awkward responses. When using this persona, the LLM scored the highest, but without the persona, GPT-4.5 was much less convincing, with an only 36 percent success rate.

These results were conducted in a three-party test, meaning that participants spoke with a human and AI simultaneously and tried to identify which was which. Cameron Jones, a co-author of the study, described this kind of test (which lasts around five minutes) as the "most widely accepted standard" version of the Turing test in a post on X, formerly Twitter.

While an impressive engineering feat, passing the Turing test is *not* an indicator that we've officially developed artificial general intelligence (AGI)—the holy grail of the AI world. The Turing test only evaluates one type of intelligence, and some argue that humans possess upwards of nine distinct intelligences (including things like interpersonal, intrapersonal, visual-spatial, and existential). It's for this reason (among others) that some consider the Turing test to be largely obsolete.

However, some people think this milestone represents something more about humans than it does for LLMs. The paper notes, for example, that many participants chose GPT-4.5 based on vibes rather than logic, relying on emotions and feeling rather than asking factual questions or investigating the LLM's reasoning. John Nosta, founder of the think tank NostaLab, wrote in *Psychology Today* that the Turing test has essentially been "inverted":

It's no longer a test of machines, it's a test of us. And increasingly, we're failing. Because we no longer evaluate humanity based on cognitive substance. We evaluate it based on how it makes us feel. And that feeling—the "gut instinct," the "vibe"—is now the soft underbelly of our discernment. And LLMs, especially when persona-primed, can exploit it with uncanny accuracy.

Although this test doesn't represent the long-hypothesized moment of singularity when artificial intelligence evolves beyond our own, Jones said on X that it's likely that LLMs can now successfully substitute for people in short conversations, leading to "automation of jobs, improved social engineering attacks, and more general societal disruption."

That's why it is important—now more than ever—to regulate the development of AI, or at least approach AI development with immense caution. Unfortunately, the U.S. government currently has no appetite for throttling AI's growing humanlike ambitions.

0. Alan Turing
   - A. developed the Touring test to detect the difference between humans and computers.
   - B. was suspicious that computers would rival humans.
   - C. ***was a famous mathematician and computer scientist.***
   - D. stated that computers would become indistinguishable from humans.

1. A recent experiment with the Turing test
   - A. has shown that the participants mistook the latest Open AI LLM for a human far above the random chance rate.
   - B. was published by acclaimed researchers in various papers.
   - C. proves that AI can behave like a human.
   - D. is the empirical evidence that the intelligence of LLMs will impact our society and economy.

2. In the three-party test
   - A. participants were asked to identify the human and the AI in consecutive conversations.
   - B. the LLM was instructed to "behave" like a human using language typical of internet and real life usage.
   - C. GPT-4.5 was not as convincing at LLM.
   - D. human and AI participants were given the same instructions.

3. Passing the Turing test
   - A. is an important step towards developing other types of intelligences in computers as well.
   - B. demonstrates that we have reached the limits of general artificial intelligence.
   - C. does not mean that computers are as intelligent as humans.
   - D. tells us more about humans than about computers.

4. According to some researchers
   - A. many people base their evaluations of humanity not on rational reasoning but on emotions.
   - B. the test results show that humans are failing to use cognition to evaluate humanity.
   - C. persona-primed LLMs can exploit the "gut feelings" of humans with uncanny accuracy.
   - D. all of the above are true.

5. The test results
   - A. show that now it is certain that AI can replace humans in short conversations.
   - B. have proved that AI can reach singularity.
   - C. warn us that LLMs could lead to negative processes.
   - D. can influence social engineering.

6. All in all,
   - A. humans have reasons to worry about singularity.
   - B. the development of AI requires caution and a well-regulated environment.
   - C. it is scary how fallible humans are when faced with computers.
   - D. the Turing is outdated according to many, and is not able to fathom the relationship between human and artificial intelligence.

0	1	2	3	4	5	6
C						

TASK 5: You are going to read an article about AI generated cooking recipes. In some of the words (numbered 1-20) there are missing letters. Your task is to complete the words with the missing letters. The number of underscores (_) indicates how many letters are missing. There are two examples for you at the beginning marked (0) and (00).

Are AI Recipes Hard to Swallow?

Artificial intelligence (AI) is **(0) revol** u t í o n í z í n g our world, especially data-driven technology and **(00) mar** k e t i n g. But what about the culinary arts?

(1) Plat _ _ _ _ _ like ChatGPT use data on ingredients, pairings, food **(2) che** _ _ _ _ _ _, and past recipes to create, what it thinks, are solid flavor profiles. AI even creates **(3) inno** _ _ _ _ _ _ dishes, but when it comes to generating **(4) pla** _ _ _ _ _ _ recipes, that's another deal.

The problem with AI recipes is that they lack human **(5) int** _ _ _ _ _ _. There is no brilliant chef behind the recipe or flavors, simply a robot full of **(6) alg** _ _ _ _ _ _ _ . It doesn't always understand the **(7) comp** _ _ _ _ _ _ _ _ of taste, mouthfeel, and aroma, nor does it account for cultural **(8) pre** _ _ _ _ _ _ _ _ … but it sure is more entertaining.

ChatGPT suggests some strange ingredient **(9) pa** _ _ _ _ _ _, like Thai green curry lasagna, garlic honey trifle, and a banana mushroom smoothie. One recipe for burnt lettuce soup calls for boiling lettuce for 30 minutes before broiling it at 500 **(10) de** _ _ _ _ _ . Some of the dish names AI comes up with are **(11) dow** _ _ _ _ _ _ disgusting: Creamy Garlic Nightmare, Suspicious Onion Casserole, Spicy Butter Explosion, and my favorite: the Bony Meat Cloud. Hungry yet?

AI also uses overly **(12) com** _ _ _ _ recipes, some calling for two kilos of butter. There are **(13) sand** _ _ _ _ _ _ with upwards of 50 ingredients. There's an AI-generated pasta recipe that uses seven different pots, a 30-ingredient **(14) scra** _ _ _ _ _ egg recipe, and a lasagna that cooks for 10 hours. Utterly useless recipes include the **(15) inf** _ _ _ _ _ "crispy water" recipe and the crock pot cold water.

AI also generates **(16) dan** _ _ _ _ _ _ recipes like gasoline flambéed steak, bleach-marinated chicken, and dishwasher salmon. So why does AI fail so **(17) mis** _ _ _ _ _ _ at recipe generation? It lacks **(18) co** _ _ _ _ sense and culinary experience. It follows algorithms, not tastebuds. Often the results are at best, **(19) inco** _ _ _ _ _ _, and at worst, faulty.

Human creativity and intuition are **(20) para** _ _ _ _ _ in recipe development. AI can assist in meal planning and macros, but actual human taste testing is irreplaceable.

TASK 6: Read the following article and complete it by using the words in brackets in the correct form. You might not have to change the word. Write your <u>one-word</u> answers in the gaps (1-12) provided below the text. There is an example (0) at the beginning.

A lot of food…for thought

It is heart-breaking to see how millions of people struggle to get their next meal, while in the same world so much food is wasted every day. According to **(0)_____(estimate)**, 30-40 percent of our food supply is wasted each year. This means millions of tonnes of **(1)_____(perfect)** edible food end up in garbage.

Reducing food waste is not purely about saving resources; it is about fighting hunger, **(2)_____(nutrition)** and environmental damage, and promoting sustainable development. So, we must do whatever is possible to tackle this issue effectively and to ensure everyone has access to nutritious, **(3)_____(afford)** food.

We cannot ignore the human cost of our collective **(4)_____(action)**. First of all, we, as individuals, must stop wasting any food. Only then will we have the right to convince others to follow suit. Moreover, we need to start by raising awareness about how much food is **(5)_____(be)** wasted and its impact on food security and social justice. Education campaigns aimed at consumers, businesses and policymakers can cultivate a culture of mindfulness and responsibility around food **(6)_____(consume)** and waste management.

Food rescue programmes, **(7)_____(distribute)** networks and community food banks can help redirect surplus food to those in need. Legislative measures, such as tax breaks for food donations and penalties for **(8)_____(excess)** waste, can encourage more sustainable practices among businesses and individuals alike. Furthermore, investing in better agricultural infrastructure, post-harvest technologies, and value chain improvements can immensely help **(9)_____(minimum)** food losses and improve supply chain efficiency.

It is time Pakistan faced the painful truth of plenty amidst abject **(10)_____(poor)** and hunger. Our commitment to reducing food waste as well as ensuring fair access to food for everyone can help us build a more **(11)_____(just)**, sustainable and **(12)_____(compassion)** society for our generations to come. They do deserve that much.

(0) _____*estimates*_____

(1) _____

(2) _____

(3) _____

(4) _____

(5) _____

(6) _____

(7) _____

(8) _____

(9) _____

(10) _____

(11) _____

(12) _____

TASK 7: You are going to read about how to beat the heat. Some of the lines contain an extra word that should not be there. It is either grammatically incorrect or does not fit in with the meaning of the text. Some lines may be correct. Indicate the correct lines with a tick (✓) or write the extra word in the space provided for each line. There are two examples (0 and 00) at the beginning.

In a clever move to beat the heat, a small town in Spain have has turned its rooftops into a giant reflective surface by painting them all white. This simple change has only created a powerful cooling effect — lowering the town's average summer temperature by nearly 5°C. Instead of absorbing a heat like traditional dark roofs, the white surfaces reflect sunlight back into the atmosphere, which dramatically reducing the "urban heat island effect".

The transformation was both of low-cost and highly effective. With hundreds of rooftops now gleaming with white, residents report cooler homes, reduced their need for air conditioning and lower energy bills. Streets feel it less scorching, and nighttime temperatures drop faster, making it easier for people to sleep and for buildings to have release stored heat. Even surrounding greenery benefits so from the cooler microclimate.

This white rooftop initiative is based on a concept known as "cool roofs," a proven climate strategy that can be scaled down to towns, cities, and even those megacities. The Spanish town's success has been drawn global attention, showing how paint and community action can fight back against rising temperatures.

By combining many tradition, simplicity, and climate science, the town has created an inspiring model for sustainable urban living — where rooftops don't just shelter away but also shield against climate change. It's a sun-soaked town that had turned reflection into protection.

(0) ___have___
(00) ___✓___
(1) _____
(2) _____
(3) _____
(4) _____
(5) _____
(6) _____
(7) _____
(8) _____
(9) _____
(10) _____
(11) _____
(12) _____
(13) _____
(14) _____
(15) _____
(16) _____
(17) _____
(18) _____
(19) _____
(20) _____

TASK 8: You are going to read a text about hotel breakfast buffets. Some words have been removed from the text. Your task is to fill in the gaps (1-15) with the appropriate word (A-R) from the list below the text. Write your answers in the boxes at the bottom of the page, as in the example (0). Remember that there are TWO extra words that you do not need.

Is it time to retire the all-you-can-eat breakfast buffet?

*Once a **(0)**____ of hotel luxury, the breakfast buffet is under scrutiny for its waste, overconsumption and environmental impact*

Stacks of pancakes, pyramids of pastries and vats of scrambled eggs; endless rows of fruit, cold cuts and cheese. Breakfast buffets across the world promise abundance-- and often deliver **(1)**_____. But behind the **(2)**_____ lies a darker truth: food waste.

According to UNEP's Food Waste Index Report 2024, 1.05 billion tonnes of food were wasted globally in 2024, with 28% coming from foodservice. Buffet breakfasts are among the worst offenders, generating more than twice as much waste as **(3)**_____ breakfasts-- around 300g compared to 130g for made-to-order meals.

"Wasted food means wasted **(4)**_____ like land, water, energy and labour, and once in landfill, it emits greenhouse gases that harm the planet and **(5)**_____," says Jocelyn Doyle, head of marketing & communications, The Sustainable Restaurant Association. "Cutting food waste is a powerful way to make a difference-- and breakfast is a smart place to start."

According to Dr Kelly L Haws, an expert in consumer behaviour, buffets often lead to overeating due to the "variety effect"-- more choice encourage greater **(6)**_____. "Self-serving also leads to oversized portions as people **(7)**_____ serving sizes," she says, adding that the abundance of buffet-style breakfasts can lead consumers to "take more food, consume more food, and feel less guilty about wasting that food."

The desire to get one's money's **(8)**_____ from a fixed-price buffet adds to the urge to overeat-- and even those aware of climate issues may underestimate the impact of their own food waste. "Travel settings trigger a 'vacation mindset' where **(9)**_____ feels justified," Haws says.

This is where small but strategic tweaks come in as "nudges" that can help reduce waste without compromising guest satisfaction. Smaller plates and limited **(10)**_____ of clean dishes can encourage guests to take less. Offering smaller quantities, along with signage about frequent **(11)**_____, can discourage the "abundance effect" while ensuring freshness. Pre-portioned servings also help, though they require a balance with packaging waste. Simple, well-placed messaging can also prompt mindful choices. Other tweaks include positioning lighter options such as salad first, placing heavier, more **(12)**_____ foods later in the buffet line and setting up an "order-on-demand" station.

This shift works well for the modern traveller for whom sustainability is no longer a/an **(13)**_____ note. According to a new Booking.com report, 84% of global travellers consider sustainability important, with many actively seeking ways to reduce their environmental footprint.

Fewer options and less clutter can even **(14)**_____ perceptions of quality, even within an all-you-can-eat setting.

Towering cereal dispensers, trays of sausages and mountains of bread may have once symbolised indulgence, but their time is **(15)**_____. As luxury redefines itself around thoughtfulness and sustainability, made-to-order breakfasts offer a quieter, smarter indulgence.

A. worth	**G.** excess	**M.** stacks
B. waning	**H.** filling	**N.** side
C. allure	**I.** enhance	**O.** emissions
D. indulgence	~~**J. hallmark**~~	**P.** greenhouse
E. refills	**K.** biodiversity	**Q.** plated
F. resources	**L.** consumption	**R.** misjudge

0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
J															

TASK 9: You are going to read about a man who saved many babies' lives in the early 1900s in the USA. Some words are missing from the text. Your task is to write the missing words in the gaps (1-15) below the text. Use only one word in each gap. It is also possible that no word is needed – in that case write an X. There are two examples (0 and 00) at the beginning.

In 1903, when premature babies **(0)**_____left to die in hospital corridors, Martin Couney **(00)**_____ had an audacious plan. He'd smuggle life-saving technology into America disguised **(1)**_____ entertainment.

Couney set up his "Infantorium" at Coney Island, where rows of glass incubators held the tiniest fighters you'd **(2)**_____ seen. These babies were so small they wore doll clothes because no store made human garments tiny **(3)**_____.

The sign **(4)**_____ read "All the World Loves a Baby" and visitors paid 25 cents to peek **(5)**_____. Critics called it exploitation. Parents called it salvation.

What the crowds **(6)**_____ realize was they were witnessing a medical revolution. Every nickel and dime funded round-the-clock nursing care, specialized feeding, and temperature-controlled environments that hospitals **(7)**_____ to provide.

Couney encouraged his nurses to hold and cuddle the babies in front of audiences, proving these weren't specimens **(8)**_____ precious children deserving love and care.

For four decades, desperate families brought their smallest miracles to a man who promised **(9)**_____ doctors wouldn't: hope. By the time Couney's exhibits ended, he **(10)**_____ welcomed over 8,000 babies and sent 6,500 of them home alive.

The "fake" doctor's carnival sideshow became the blueprint **(11)**_____ modern neonatal intensive care units. Sometimes the greatest medical breakthroughs happen **(12)**_____ in sterile hospitals, but in the hands of someone brave enough to care when the world has given **(13)**_____.

Martin Couney never **(14)**_____ earned a medical degree. But he earned something **(15)**_____ greater—the gratitude of thousands of families and a legacy that still saves lives today.

(0)_____*were*_____

(00)_____*X*_____

(1)_____

(2)_____

(3)_____

(4)_____

(5)_____

(6)_____

(7)_____

(8)_____

(9)_____

(10)_____

(11)_____

(12)_____

(13)_____

(14)_____

(15)_____

TASK 10: Read this article about studying food choices in teens. Some parts of sentences have been left out of the text. Your task is to reconstruct the text by filling in the gaps (1-10) from the list (A-M). Write the letters in the boxes under the numbers as in the example (0). Remember that there are two extra letters that you do not need.

According to a new study by Stanford researchers, adolescents who have health-oriented **(0)**_____ are more likely to make healthy eating decisions on their own.

"It is important for parents to understand **(1)**_____ – and more specifically, what kinds of food rules – may help encourage healthy eating," wrote Stanford doctoral candidates Jennifer Wang and Priya Fielding-Singh in a study published May 14 in the *Journal of Adolescent Health*.

Wang and Fielding-Singh found that rules centered around health – for example, only allowing junk food **(2)**_____; or that a vegetable must be eaten at dinner – may be effective because they emphasize the importance of considering healthiness **(3)**_____. Rules unrelated to health, such as no cell phones at the dinner table, had no effect on guiding teens to make healthy food decisions.

To better understand adolescents' independent food choices, Fielding-Singh and Wang surveyed the student body, 1,246 adolescents in total, **(4)**_____ San Francisco Bay Area high school. Students were asked about their dietary beliefs and behaviors, and also about their perceptions of parental attitudes and practices **(5)**_____.

The two researchers embedded a controlled experiment within their study: At the beginning of the survey, the high schoolers were told that their participation automatically entered them into a raffle where they could win two snacks of their choice to pick up from the school office the following week. Neither students nor teachers were aware that the snack raffle was part of the researchers' experiment.

From there, the researchers ran several conditions to manipulate **(6)**_____ their parents would have to approve their snack choices. In one condition, students were told that they would need parental approval before they could pick up their snacks. In another condition, students were told that they would not need their parents' approval **(7)**_____.

Students were then shown 10 snacks, five of which were healthier and five of which were less healthy. These snacks included yogurt, hummus with pretzels, and apple slices, **(8)**_____, Oreo cookies, and Cheetos. Students were then asked to choose two snacks.

Wang and Fielding-Singh found that adolescents who reported having at least one health-oriented food rule at home had significantly higher odds of choosing a healthier snack – regardless of **(9)**_____.

In addition, students with a health-oriented food rule reported that they were **(10)**_____ they made healthy choices and feel bad when they made unhealthy ones.

"These results suggest that the food rules parents have at home can continue to shape their teens' behaviors, even when parents are not actively supervising," said Wang.

A. whether having food rules
B. more likely to feel good when
C. whether teenagers thought
D. what they are consuming
E. when making food choices
F. of a diverse
G. curious to know
H. how much parental oversight they perceived
I. related to food
~~J. food rules at home~~
K. as well as gummy worms
L. for special occasions
M. to pick up their snacks

0	1	2	3	4	5	6	7	8	9	10
J										

This is the end of your tasks.
Thank you for your participation!