

**B2 / Task 2**

Read the following text. Parts of some sentences have been removed from the text. Choose the most suitable part from the list (A-N) to fill in each gap (11-20) in the text. There are three extra parts that you will not need. The first answer is given as an example. The use of dictionaries is NOT permitted.

Maximum score: 10 points

<b>0.</b>	<b>11.</b>	<b>12.</b>	<b>13.</b>	<b>14.</b>	<b>15.</b>	<b>16.</b>	<b>17.</b>	<b>18.</b>	<b>19.</b>	<b>20.</b>
<b>B</b>										

**Shake up your shopping ... and start cooking**

The surest way to eat better is **(0) cooking most of your food (B)** at home or, failing that, talking some other nice person into doing it for you. The more you eat out or **(11)** \_\_\_\_\_, the more the balance of your diet will go the wrong way. The more food you eat that isn't homemade, **(12)** \_\_\_\_\_. If you base your meals on minimally processed ingredients, and cook more often than not, you won't go wrong.

Motivate yourself for more hands-on activity in the kitchen by calculating **(13)** \_\_\_\_\_. It's easy to spend £20 a week on sandwich-based lunches. The most basic **(14)** \_\_\_\_\_ will make an even greater hole in your pocket. Kick the habit of reaching for the phone or dropping into the takeaway when you're hungry and **(15)** \_\_\_\_\_ instead. You'll free up more money than smokers do when they give up cigarettes.

Shake up your shopping habits. Don't leave thinking about meals to the last minute. Most of all, avoid ending up **(16)** \_\_\_\_\_ after work, desperately looking for something that you can eat as soon as possible. Smaller supermarkets that cater for the lunchtime and post-work shoppers offer **(17)** \_\_\_\_\_ that should be avoided than their bigger equivalents. And they offer a choice **(18)** \_\_\_\_\_ 365 days of the year, which kills the urge to cook. Get yourself down to interesting small shops, markets or anywhere the seasons are reflected in what's on offer and **(19)** \_\_\_\_\_ in antiseptic plastic. These environments will make you want to eat, and give you ideas of what to cook. If you can't make it to stimulating shops, get a box of **(20)** \_\_\_\_\_ delivered to your home or workplace and let the contents inspire you.

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<b>A.</b> becomes the next day's salad	<b>H.</b> in the corner supermarket
<b>B. cooking most of your food</b>	<b>I.</b> rely on convenience food
<b>C.</b> even more junky snacks	<b>J.</b> restaurant meals or takeaways
<b>D.</b> freeze what's left	<b>K.</b> that doesn't change
<b>E.</b> head for the kitchen	<b>L.</b> the food isn't packed
<b>F.</b> high-quality ingredients	<b>M.</b> the poorer your diet will be
<b>G.</b> how much money you'll save	<b>N.</b> with short ingredient lists