

WARM UP

1 Quickly match each title with a newspaper article.

- a Valley varieties of basil herb swing from sweet to spicy
- b Table talk: beef causes deforestation, global warming, food's class warfare
- c Panera to open first local pay-what-you-can café in Lakeview
- d Beer: how to match it with barbecue

GLOSSARY

backbone *spina dorsale, carattere principale*
broiled *arrostita alla brace*
thirst-quenching *dissetanti*
overwhelming *dominante*
soup kitchens *mense dei poveri*
tax-exempt *esentasse*
hires *ingaggia*

NEWSPAPER AND FOOD GUIDE REVIEWS

1

It's no secret that it takes a lot of resources to produce a single kilo of meat, particularly beef, which requires a lot of land, grain and water. A new report by the Union of Concerned Scientists connects the type of meat that people consume with its impact on the environment. The findings aren't surprising, but they underline the need for people to take a hard look at what they're eating.

Global meat consumption has increased in recent years, with most of the new land needed for meat production coming from deforestation, which is responsible for about 15% of the world's global warming emissions and adversely affects the planet's biodiversity. Beef production is an inefficient use of food resources. Nearly 60% of the world's agricultural land is used for its production, yet

it accounts for less than 2% of the world's calories. Cattle need 10 kg to produce 1 kg of meat; compared to chickens, which need 2 kg of grain to produce 1 kg of meat and pigs which need 4 kg. The solutions to the problem: eat less beef; make smarter meat choices and eat less meat overall; or give it up altogether.

2

When people use the term 'barbecue', they can mean anything from grilling hotdogs on the patio to a Hawaiian-style pig roast over red-hot chunks of lava, to a whole ox rotating on a spit; but beer is almost always the preferred drink because it's refreshing. Amber ales and lagers tend to match up well with most forms of pork, as the caramelised malt harmonises beautifully

with the sweet and savoury meat. Most barbecue sauces are a combination of sweet and acidic, sugar and vinegar. That calls for a balanced beer with a sufficient malt and hop profile to play off each element. Lager can work and so can Pale Ale, especially with tangy sauces. Its extra hops, floral, earthy aroma and malt backbone compliment a pulled-pork sandwich. Smoke is also a common denominator

of barbecues and amber ales are the perfect complement to all things grilled, charred, broiled, roasted and smoked. However, as they are not really thirst-quenching, easy-drinking summertime beers, German-style lagers, with a light acidity that keeps the malt from becoming overwhelming, are often preferred.

3

Panera is converting one of its first Chicago stores to a pay-what-you-can community model, with suggested prices and donation boxes. The location is ideal for a community store because it combines rich and poor residents and, unlike soup kitchens, where the energy tends to be negative, the Panera experience is designed

to lift people up and restore their dignity. To make the concept work, consumers who have extra money are asked to donate it; those who are short can pay less and those who can't pay anything, can volunteer for an hour to eat free. The idea has worked because Panera turns the stores over to the Panera Bread Foundation, a

tax-exempt organisation that runs day-to-day operations. This frees the company of its obligation to run a profitable business, although all three existing cafés do make a profit, which goes towards social service organisations providing job training for at-risk youths who Panera then hire.

4

People love basil. The aromatic smell adds a robust flavour to foods and sauces and it's one of the most widely used culinary herbs, but in the Valley, there is more than the traditional sweet basil to enjoy. At local farmers markets, you can find basil with purple leaves, a lemony scent and even one with a spicy,

clove-like flavour. Look for different types of basil: Italian, purple, lemon and Thai. Thai basil can be sweet or spicy with a peppery, clove-like flavour. Both work well in stir-fry dishes, noodle soups and on aubergine dishes. Purple basil is often used to add colour to a dish, especially as a garnish on salad

and it has a slight liquorice taste. For traditionalists, there is plenty of sweet basil to be found, which works well in pesto, which you can eat with pasta, add to soups and even freeze to store it.

READING COMPREHENSION

2 Read each of the US newspaper articles about food carefully and decide if these sentences are true (T) or false (F).

- 1 All types of meat have the same environmental impact.
- 2 Almost 60% of land in the world is used in the production of beef.
- 3 Barbecue sauces are usually a mixture of sweet and acidic, or sugar and vinegar.
- 4 Amber ale is more refreshing than lager.
- 5 The Panera community café fixes prices at below the market level.
- 6 The Panera Bread Foundation trains young people and gives them jobs.
- 7 It is possible to buy Italian, purple, lemon and Thai basil.
- 8 Italian basil is also used in oriental dishes.


T	F
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SPEAKING

3 Work in pairs. Ask and answer the following questions about the topics featured in the four newspaper articles.

- 1 How much meat do you eat and what kind?
- 2 Do you think you should eat less? If so, why/why not?
- 3 Have you ever had a barbecue?
- 4 What food would you cook on a barbecue?
- 5 What drinks do you think go best with different barbecued foods?
- 6 What do you think of pay-what-you-can community model cafés?
- 7 Do you think commercial catering outlets should give something back to the community?
- 8 How many different types of basil do you know and use in cooking?
- 9 What dishes do you use basil for?

LISTENING

4  27 Listen to somebody talking about four famous food guides and answer these questions.

- 1 When was the *Good Food Guide* founded?
- 2 What is the name of the registered charity which formed the *Good Food Guide* with Raymond Postgate?
- 3 What kind of restaurants descriptions does the *Good Food Guide* provide?
- 4 In 2012 what edition of the *AA Guide* was published?
- 5 How many food outlets are reviewed in the *AA Guide* every year?
- 6 What different grades of rosettes can AA inspectors allocate?
- 7 What relation were the two founders of the *Michelin Guide*?
- 8 What is the *Michelin Guide* famous for?
- 9 How many stars can *Michelin* award?
- 10 Where did a group of like-minded hoteliers travel?
- 11 What type of establishment does the *Relais Chateaux* focus on?
- 12 What is 'Le Grand Chef'?

WRITING

5 Write a short article for a newspaper about a food or drink issue you are interested in. Your article should be:

- about something new or innovative;
- interesting;
- based on accurate information.