

Part 5

You are going to read the introduction for the book *In Search of Total Perfection*. For questions **31-36**, choose the answer (**A**, **B**, **C** or **D**) which you think fits best according to the text.

When my first cookery programme *In Search of Perfection* first came out, I had no idea how it would be received by the viewers and the press. There had been plenty of talk going round at the time about the food 'revolution' sweeping through Britain, and I was certain that we'd produced a series of programmes that made a genuinely innovative contribution to that, but still the question worried me: would people appreciate an approach to cooking that involved not just techniques but also history, nostalgia and science? I watched the first programme in a mixed state of joy and fear. I needn't have worried. The subsequent success of the show paved the way for all sorts of other fascinating projects, including a book based on my experiences at the restaurant I own. In each project there is a sense of being on a journey, be it into the past, into the mind, or into cookery techniques. I then wrote several books in a series called 'Perfection', each one accompanying its own TV programme of the same name. In these, however, the journey was often a very physical one, with passports and suitcases and itineraries. *In Search of Total Perfection* is the latest in the series, and in it you'll zigzag the globe in order to meet some extraordinary artisans, such as a man who finds his true purpose in creating a golden pasta that tastes better than any other. These people have spent decades pursuing their own ideals of perfection.

Perfection is, of course, highly subjective. Even the seemingly simple task of choosing which dishes to include in the series turned out to be a nightmare, and I knew I was bound to upset many people by leaving out their particular favourite. 'Where's steak and kidney pie and bread and butter pudding?' I could imagine people saying. Nevertheless, after shutting ourselves away in a meeting room and agreeing not to emerge until we had come up with a suitable list, the TV production team and I eventually had something for everyone.

This reinforced my opinion that each of us has our own idea of what constitutes perfection, drawing heavily on a highly personalised mix of emotions, memories and surroundings. Despite the book's title, *In Search of Perfection*, I knew from the outset that I wouldn't be claiming the recipes were in any way 'definitive'. But I reckoned that, by using my technical skill and scientific knowledge, by talking to food producers and artisans and chefs and their customers, I could pin down some of the things that made these dishes work. While the dictionary defines 'perfection' as the state of being perfect, it also offers a second definition of equal importance to this book: **honing** through gradual experimentation. Trying out ideas and then revising them until you arrive at something uniquely wonderful. The TV series gave me the opportunity to get out and look into all sorts of foods, people and places I'd never encountered before in any restaurant, and I was as excited about **that** as I was about the chance to explore memory and nostalgia in food because I started out in this business in exactly the same way. Searching out the best ingredients for the recipes took me all over the globe. Among my adventures were: being taken with great solemnity and assurance to a canning factory that turned out to be processing completely the wrong sort of tomato, and visiting a dairy farm whose standards fell so far short of perfection that we had to stop filming there! Refining the technique for each recipe, I ended up hand-milking a cow and then using dry ice to turn the milk into ice cream, cooking chicken breasts in a hospital scanning machine and nearly burning my house down in an effort to get the oven hot enough for a proper Neapolitan-style pizza.

28

31



Centro Académico Privado Inglés

Calle Sevilla, 56 - 23710 Bailén (Jaén)

www.capingles.com

FCE OCT 30th 21

Reading &
Use of English

- 31 In the first paragraph, Heston implies that the books in the *Perfection* series
- A had a more international focus than the first book
 - B strongly developed the psychological aspect of the subject.
 - C feature some characters who re-appeared in different books.
 - D were less successful than the TV programmes that went with them.
- 32 What did Heston think about the meeting to discuss the *Perfection* series?
- A It was useful in highlighting some practical problems.
 - B It resulted in a very strange decision.
 - C It should have been more productive.
 - D It was demanding but efficient.
- 33 What does Heston imply about the recipes in his new book?
- A They vary considerably from the versions that inspired them.
 - B They could be developed further in the future.
 - C The final wording of them was easy to come up with.
 - D The selection is not necessarily one he would have made himself.
- 34 What does **honing** in line 28 tell us about the recipes?
- A They can never be completely perfect.
 - B They are regarded by Heston as being experimental.
 - C They serve another significant purpose in Heston's book.
 - D They have been worked on and improved over a period of time.
- 35 What does **that** in line 31 refer to?
- A being willing to try out new things.
 - B learning the trade in a particular restaurant.
 - C exploring the relationship between food and the past.
 - D wondering about the importance of food in people's lives.
- 36 Heston says that, while travelling around the world, he
- A had to be resourceful and adaptable.
 - B narrowly avoided disaster on several occasions.
 - C was forever solving problems caused by other people's incompetence.
 - D had to respect an unusual local custom.



Centro Académico Privado Inglés

Calle Sevilla, 56 - 23710 Bailén (Jaén)

www.capingles.com

FCE OCT 30th 21

Reading &

Use of English

Part 6

You are going to read an article about bees and a nectar that contains coffee. Six sentences have been removed. Choose from the sentences **A-G** the one which fits each gap (**37-42**). There is one extra sentence which you do not need to use.

DO BEES LIKE COFFEE?

Journalist Rick Burnfield describes the effect caffeine has on honey bees

Many people enjoy a cup of coffee with their breakfast. This is because coffee contains caffeine, a chemical which helps to stimulate the brain and central nervous system, making us feel fully awake and ready to enjoy the day.

However, coffee drinkers aren't the only ones getting a brain boost from a little caffeine. **37** It was discovered that once they had sipped nectar containing coffee, they were more likely to come back to a range of flowers that had caffeine in their nectar.

The research was part of a large-scale investigation into animal brains and behaviour. **38** The zoologist who led the team told me how the research has been carried out.

She explained that many plants naturally contain caffeine. **39** Nectar, on the other hand, is extremely sweet, and bees are attracted to flowers because of the sweetness of their nectar. Although caffeine may be present in the nectar, it is there in such small quantities that its taste does not spoil the liquid's sweetness

The scientists who carried out the study measured caffeine levels in the flower nectar of four common citrus plants and three types of plants that produce coffee beans. Using those measurements, the scientists then created their own sweet liquids – in other words, “ *false nectars* ”. **40** Then, the team trained the bees to associate a false nectar

with a particular flower's smell. Some bees were given nectar containing caffeine after smelling a flower. The rest got one without caffeine – after smelling a different flower.

A day later, the bees underwent tests. The bees that had received the false nectar with caffeine tended to remember that the associated smell meant a sugary reward, and were more likely to stick out their tongue in anticipation. **41** The bees that had experienced the caffeine-free nectar, on the other hand, invariably kept their tongue in their mouth when they sniffed the associated scent. So these bees didn't recall the connection as well. After three days, the memory held: of the bees that had received caffeinated nectar, twice as many of them associated it with the flower's smell compared with those that had received the nectar without caffeine.

The appeal of caffeine may very much make bees “ repeat customers ”. Once they have consumed nectar with caffeine, bees more easily remember the flower that supplied the sweet treat – and go back for more. This process is only of benefit to the bees who use nectar to make honey. **42** Bees help them reproduce by carrying pollen from one blossom to another. So it seems likely that caffeinated nectar may give plants a distinct advantage, too.



Centro Académico Privado Inglés

Calle Sevilla, 56 - 23710 Bailén (Jaén)

www.capingles.com

FCE OCT 30th 21

Reading &
Use of English

- A** This showed that they remembered that a particular scent signalled a treat.
- B** The work on honey bees was done by a group of scientists based at a university in the north of England.
- C** Some of these bees appeared to enjoy a slight taste of caffeine in their nectar.
- D** It also serves a valuable purpose for the plant themselves.
- E** However, this gives them a bitter taste, and hungry animals tend to avoid eating them.
- F** A new study indicated that the substance improves honey bees' long-term memory.
- G** Some contained caffeine, while others didn't.

Part 7

You are going to read five reviews of books written by young people. For questions **43-52**, choose from the reviewers (**A-E**). The reviewers may be chosen more than once.

Which reviewer ...

mentions a character being torn between loyalty and an accusation?	43 <input type="text"/>
praises the book for forcing you to consider important issues in society?	44 <input type="text"/>
is critical of the fact that certain details are missing from the book?	45 <input type="text"/>
mentions a character whose attitude has got her into trouble?	46 <input type="text"/>
mentions an issue that is often overlooked?	47 <input type="text"/>
warns that the actions of some of the characters might not meet with approval?	48 <input type="text"/>
Compares the story unfavourably with a similar type of book?	49 <input type="text"/>
feels that people will be interested in reading a continuation of the story?	50 <input type="text"/>
states that they story will be enjoyed by a wide age-group?	51 <input type="text"/>
mentions disagreements between the characters in the story?	52 <input type="text"/>



Centro Académico Privado Inglés

Calle Sevilla, 56 - 23710 Bailén (Jaén)

www.capingles.com

FCE OCT 30th 21

Reading &

Use of English

Teen book reviews

A THE HOLLOW

Sixteen-year-old Charlie lives in a place called *The Hollow*, where towering walls close at night to keep the small community safe from what lies outside. When Teri, the only female in the story, arrives, she encourages everyone to try and leave. Some of the boys think they're better off staying where they are, despite the problems this involves. But Charlie ends up being the leader they need to take them away from this isolated world. This fast-paced adventure might remind readers of the hugely popular *Endgame*, but perhaps without some of its creativity. Charlie's a strong role model who doesn't give up his sense of what's right, which sometimes causes friction within the group. Readers will hope Charlie succeeds, but the twists throughout the story will keep everyone guessing.

B THE CHOICE

The book is the first in the series *New World*, and it is set in a future where people live in groups based on personal qualities. The heroine, Beata, faces the difficult decision of whether to leave the group of friends she's grown up with, and leap into the unknown. This is a very well-written book, with beautifully described scenes making the storyline more memorable than those of similar books, such as *Forgiven*. Part of the attraction for readers of *The Choice* is the world Beata inhabits, where young people make their own rules. The dialogue is a little awkward at times, and the use of invented language is a little off-putting, but the gripping story makes up for this. The downside is there are no clues about how far in the future the story is set. But it's undoubtedly a good read, and a cliffhanger ending leaves you eagerly awaiting the next book.

C THE DOUBT

Seventeen-year-old Amelie Baxter is heading for college. But her life is turned upside-down by a gang of teenage hackers who claim her dad's company, a successful relations firm, makes millions of dollars by preventing investigations into the safety of clients' products. Amelie must decide whether to stand up for her dad or be

convinced by the hackers' evidence. *The Doubt*, a thriller about how much we can trust public information, explores an area of business that doesn't receive much attention for the public, and uses real-life examples of harmful products. Some may object to the methods employed by the hackers to get their point across, but many more will be fascinated by the concerns raised.

D NO FEAR

Debut novel *No Fear* is a tense political thriller. Set in the not-too-distant future, it describes a world where people's power to control their lives has been removed. Heroine Ani's narrative voice is mature, believable, and undoubtedly compelling for teens and adults alike. As you read, it is easy to relate to Ani's struggle for independence, and be impressed by her bravery as she makes her way to freedom. The plot's well-constructed, and has an optimistic ending, but the novel's real strength is the way it makes you think about the balance of power between those in authority and the ordinary citizen. It raises vital questions without being overly moralistic, and provides thrills along the way.

E ON THE ROAD

What's a self-obsessed, arrogant student to do when she is temporarily excluded from school for her refusal to cooperate with teachers? *On the Road* starts with Anne repeatedly complaining about her life. She then makes an impulsive New Year's resolution to turn things around and starts running. It isn't easy, but joining the group of runners helps her to understand that there are many ways to define success – and that making mistakes can be an important step in the process. Anne isn't an easy person to like. She doesn't seem to care about her best friend Samantha, for example, but readers will admire her courage; and the message about being willing to take risks could inspire many.