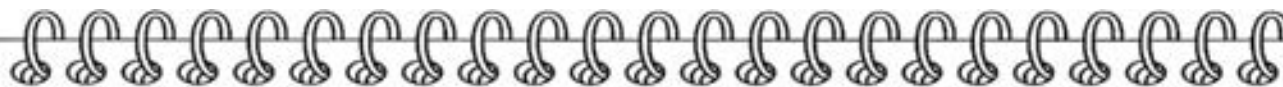


IGCSE Reading and Writing 4: Exercise 3

Read the information about what to do in the event of a hurricane and complete the notes that follow.

**Hurricane Survival Guide****You should only plan to stay if you...**

- do not live in a mobile home.
- do not live in an area vulnerable to storm surges and flooding.
- have trimmed or removed dead or diseased trees near your home.
- have hurricane shutters on your home.
- have prepared a disaster survival kit that includes two weeks of food, water and one month's supply of prescription medication.
- have a disaster plan for your family and pets.
- have a battery-powered TV or radio and extra batteries.

You should go if you...

- receive an evacuation order.
- live in a mobile home.
- live in an area vulnerable to storm surges and flooding.
- can leave early enough for regional evacuation times. It is hazardous to travel on highways in a storm.

In both cases, you should...

- review your home owner insurance for adequate coverage.
- notify a friend, relative or emergency management agency of your whereabouts.
- keep important documents near you (driver's licence, medical information, insurance documents, etc.).

When the storm approaches...

- turn off electricity, if rising water levels threaten your home.

- turn off major appliances if you lose power.
- check for weather updates on the TV or radio.
- avoid rooms with windows or glass doors.
- get cash. Banks or cash machines may not operate without electricity.

After the storm...

- check for weather updates on the TV or radio.
- use a generator or barbecue grill outdoors.
- don't touch fallen power lines.
- avoid driving. Roads are often littered with dangerous debris.
- use telephones for emergencies only.
- assess and photograph any damage to your home.
- contact your insurance company if repairs are needed.
- if flooding is widespread, boil tap water or add 2 drops chlorine per litre.

During clean-up, you should...

- get professionals to get rid of fallen trees.
- use proper safety equipment such as goggles, heavy boots and gloves.
- tie back long hair when working outside.
- drink lots of fluids and rest when needed.
- lift with your legs, not your back.
- avoid fallen power lines.

IGCSE Reading and Writing 4: Exercise 3 (continued)

Survival Kit

Groceries

- Tinned goods (meat, fruit, vegetables and drinks)
- Drinking water (6 litres per person per day for two weeks)
- Ice

Other

- Gas-powered generator
- Battery-powered TV or radio with extra batteries
- Medication (one month's supply)
- Cash (Cash machines and credit card terminals won't work without electricity.)
- Non-electric can opener
- Flashlights and batteries
- Cell phone, charger and 2 charged batteries
- First aid kit
- Charcoal or gas for outdoor barbecue grills

- Plastic tarpaulin for holes in roof or windows
- Tools (hammer, nails, etc.)
- Paper supplies (toilet paper, moistened towelettes)
- Mosquito repellent
- Water purification kit
- Camera, film and batteries

Pets

- Proper ID collar and rabies tag or license
- Pet carrier
- Leash
- Food supply (at least 2 weeks)
- Water / Food bowls
- Veterinary medications
- Cat litter, newspaper and plastic bags for waste
- Proper vaccination within the past 12 months

a What place should you **not** live in if you want to be safe in a hurricane?

b What item should you have more than a two weeks' supply of in your survival kit?

c How should you treat polluted tap water?

d Name **three** survival kit items that would require batteries.

e How do you prevent pets from becoming ill after a hurricane?

IGCSE Reading and Writing 5: Exercise 3

Read the article about Justin's lifestyle and complete the information sheet to show what Justin is doing now and what changes he could make for a healthier lifestyle.

Getting Fit with Britain's Kids

Meet Jimmy. He's your average British 15-year-old. Like a lot of teens, he loves watching the telly, playing video games, hanging out with his mates and eating fast food. He plays the occasional game of football with his friends, but he doesn't participate in any amateur sports. According to the National Diet and Nutrition Survey (2000), he's among the 40-69% of children over six years old who spend less than the recommended minimum hour of moderate physical activity.

Today at lunchtime, Jimmy is eating with his friends at McDonald's. He's having a burger, large fries, a large Coca-Cola, and cookies for dessert. These have 530, 570, 320 and 270 calories respectively, making a grand total of 1,690 calories. For his height (170 cm), weight (70 kg), age and sedentary lifestyle, Jimmy should get a total of about 2,300 calories every day. So in one meal, he's consumed almost three-quarters of his entire daily intake. Combined with his breakfast of breakfast cereal with whole milk and two slices of toast (670 calories) and the dinner that his mother will make him tonight, roast beef and roast potatoes (870 calories), he's taken in about 930 more calories than he needs.

While this shouldn't matter if this was an occasional thing, it isn't. Jimmy averages between 200 and 400 calories more than he needs every day. This means that he is on target to become overweight by the time he becomes an adult. He would have a higher risk of heart attack and stroke, Type 2 diabetes, bowel cancer and high blood pressure.

What can be done about this? The good thing is that Jimmy need not have to worry about a shorter lifespan if his parents make some fairly simple changes to his diet, eating habits, and physical activity.

In terms of diet, he should get about half his calories from complex carbohydrates such as potatoes, bread, and pasta. They have a high weight-to-energy ratio. He should avoid high-fat foods like burgers, fish fingers, deep-fried French fries, crisps, chocolate and biscuits and sugary foods and fizzy drinks, many children's breakfast cereals, sweets and doughnuts. At the same time, Jimmy's parents can make some changes to their eating habits. Mealtimes should be family events with set meal and snack times to avoid snacking throughout the whole day. Even though Jimmy likes watching TV, he shouldn't be allowed to eat in front of it. Jimmy should also not associate food with comfort. This means that he shouldn't be rewarded for good behaviour or good marks in school by going out for fast food or sweets.

At the same time, a key change is needed in Jimmy's level of physical activity. His parents should suggest kicking a football around or walking to and from school. Jimmy would see exercise as a fun treat if his parents reward him with special trips to an ice skating rink, adventure play or swimming pool. His family should try to make physical activity a family affair with group bike rides or in-line skating together.

IGCSE Reading and Writing 5: Exercise 3 (continued)

LIFESTYLE PROFILE: Jimmy

Breakfast

Calorie intake:

Vegetables/Fruit consumed:

Lunch

Calorie intake:

Physical activity

Present activity:

Should aim for:

Dinner

Calorie intake:

**How can Justin's parents help him?
(Three ways)**

Average excess calorie intake per day:

IGCSE Reading and Writing 6: Exercise 4

Read the information about celebrity chef Jamie Oliver and complete the task.

CELEBRITY CHEF

James Trevor Oliver, MBE (born May 27, 1975), better known as Jamie Oliver and The Naked Chef, is a British celebrity chef.

Biography

Jamie grew up in a small Essex village called Clavering where his parents own a pub called The Cricketers. He had some difficulties in school due to dyslexia, and left school with no qualifications. When he was 16, he attended Westminster Catering College. Later, he spent several years working alongside the London chef, Gennaro Contaldo, whom he regards as one of his culinary 'mentors'. His first TV break came in 1996 when he was 'discovered' by television producer Patricia Llewellyn while working at the River Café in London. She saw him on a documentary called *Christmas at the River Café* and recognised his star potential immediately.

Two highly successful series of *The Naked Chef* were filmed in 1998 and 1999. On June 24, 2000 he married Juliette Norton, also known as Jools. The couple met in 1993, and currently have two daughters. The daughters are named Poppy Honey (born in March 2002) and Daisy Boo (born in April 2003).

In June 2003 he was appointed an MBE in the Queen's Birthday Honours List. He set up Fifteen, a charity restaurant where he trains 15 disadvantaged young people to work in the hospitality industry.

Television shows

The first series that featured Jamie Oliver was *The Naked Chef* on BBC Television. The title was a reference to the simplicity of Oliver's recipes, and has nothing to do with nudity.

Oliver has frequently admitted that he wasn't entirely happy with the title, which was devised by producer Patricia Llewellyn. The success of the programme led to the books *Return of the Naked Chef* and *Happy Days with the Naked Chef*. His work on the Fifteen restaurant was shown as *Jamie's Kitchen* and *Return to Jamie's Kitchen* on Channel Four. His programmes are shown in over forty countries, including the USA's Food Network, where he is the second most popular presenter. His latest show in the United States is *Oliver's Twist*.

In 2005 Channel 4 screened *Jamie's School Dinners*, in which Oliver took over responsibility for running the kitchen meals in Kidbrooke School, Greenwich (the UK's first comprehensive school), for a year. Disgusted by the unhealthy food being served up to schoolchildren and the lack of healthy alternatives on offer, Oliver began a campaign to improve the standard of Britain's school meals. Public awareness was raised, and following on from the campaign, the UK Government pledged to spend more on school dinners (spread over three years). Tony Blair himself accepted that this was a result of Jamie's campaign. Following the success of the campaign, Oliver was named 'Most Inspiring Political Figure of 2005' in the Channel 4 Political Awards 2006.

Advertising deals

Since 2000, Jamie Oliver has been the public face of the Sainsbury's supermarket chain in the UK, appearing on television and radio advertisements and in-store promotional material. The deal earns him an estimated £1.2 million every year. In the first two years, these

IGCSE Reading and Writing 6: Exercise 4 (continued)

advertisements are estimated to have given Sainsbury's an extra £1 billion of sales, or £200 million gross profit.

In 2003, fellow chef Clarissa Dickson-Wright criticised Oliver for endorsing Sainsbury's Scottish farmed salmon and accused him of 'selling his soul' to the supermarket chain. In 2005, Oliver fronted

Sainsbury's new advertising slogan urging customers to try something different by suggesting recipe ideas. In October, the company claimed sales of some featured products had more than doubled.

In North America and the UK, Oliver markets his own line of cookware as well as a line of upmarket cutlery.

You are planning to give a short presentation about Jamie Oliver to your class at school. Make two brief notes under each heading as the basis of your talk.

JAMIE OLIVER

- a Origins
- b TV stardom
- c Popularity
- d Commercialism