

# UNIT FOUR

Two women dry red peppers on the ground in Jodhpur, India.

64





# Food

## FOCUS

1. What food do you eat a lot of? Do you eat much meat? Why? Why not?
2. Where does the food you eat come from? How much comes from local farmers?



## READING 1

### Academic Vocabulary

to consume	an income	to require
evidence	a portion	to tend to

### Multiword Vocabulary

a developing country	to put pressure on
in great demand	to take something for granted
natural resources	twice as much

## Reading Preview

**A Preview.** Read the first sentence of each paragraph on pages 68–69. Then discuss the following questions with a partner or in a small group.

1. What do you usually have for breakfast? For lunch? For dinner?
2. What do you think is the connection between world population and the title of this reading?
3. Do you think it is a good idea to eat less meat? Why?

**B Topic vocabulary.** The following words appear in Reading 1. Look at the words and answer the questions with a partner.

billion	percent	shortage
corn	population	tripled
doubled	scarcer	wheat
hungry		

1. Which words relate to numbers?
2. Which words are names for different kinds of food?
3. A *crisis* is a very serious situation or problem. Which words relate to this word?

**C Predict.** What do you think this reading will be about? Discuss each word in Exercise B and predict how it may relate to the reading.



*Every night, some people go to bed hungry. Can we solve this problem by changing what we eat? Find out why one expert thinks we can.*



# Eat Less Meat

A woman with dark hair, wearing a bright red long-sleeved shirt, is smiling and looking up at the camera. She is standing behind a horizontal bamboo pole. Numerous long, rectangular strips of dry tofu are hanging from the pole by thin ropes. The tofu strips are light beige and appear to be made of multiple layers. The background is a clear, vibrant blue sky. The lighting is bright, suggesting a sunny day.

A woman hangs up dry tofu  
in Iwadeyamacho, Japan.





Most of us grab breakfast as we leave home in the morning. Later, a quick hamburger makes a good lunch. At the end of the day, we sit down with our family or friends and enjoy dinner together. We take food for granted. We don't think about it. Yet experts argue a global food crisis is coming. This crisis is going to make us change the way we think about food.

Food prices are clear evidence of this crisis. Between 2005 and 2008, the cost of grains such as wheat and corn tripled. The price of rice was five times higher. In 2012, grain prices rose again by almost 50 percent. These rising prices show that food consumption is increasing more quickly than food production.

*“The average American eats three hamburgers a week. That means Americans eat over 48 billion hamburgers every year.”*

Food is in great demand because of a growing world population. Population grew slowly until 1800. Then it began to increase more quickly. By 1960, the population was three billion. It doubled to six billion by 1999 (see Figure 1). By 2050, this planet will need to feed at least nine billion people.

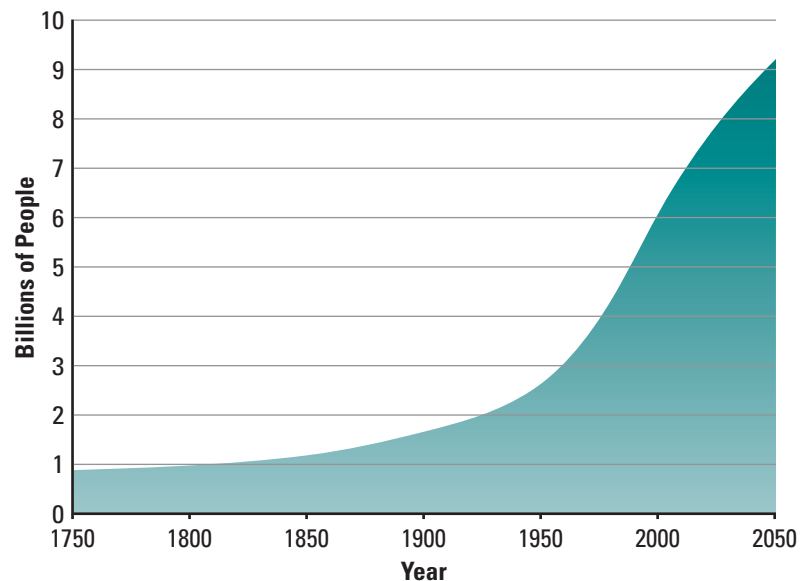
So, what can a hungry, crowded world do? One suggestion is to eat less meat. Meat uses more natural resources than grains. It requires more land to produce one pound (0.4 kilos) of meat than to produce one pound of grain. We use about one-third of the Earth's land to raise animals. It also requires between five and ten times more water than vegetable-based food. This is particularly serious

because of the global water shortage. Therefore, eating less meat will provide more land for farming, and it will save water.

To eat less meat, people will need 5 to change their eating habits. That will not be easy. Americans, for example, have always loved meat. On average, they eat twice as much meat as people in other countries. They especially love hamburgers. The average American eats three hamburgers a week. That means Americans eat over 48 billion hamburgers every year. At the same time, as incomes rise in countries such as China and Brazil, the people in these countries tend to eat more meat. In developing countries, sales of meat have doubled in the last 20 years. They will double again by 2050. Growing global demand for meat will continue to put pressure on natural resources.

World population is increasing, resources 6 are becoming scarcer, and food prices are rising. Therefore, we need to rethink our daily diet. For meat lovers, however, there is some good news. We don't need to give up meat entirely. "The solution isn't that everyone needs to become a

**Figure 1: World Population Growth**



Source: UNEP/GRID-Arendal

vegetarian. Simply reducing portion<sup>1</sup> sizes . . . would go a long way," explains Eric Davidson. His solution: Eat more grains and less meat. Like many scientists worldwide, Davidson believes this is the only way to feed the nine billion mouths in 2050.

<sup>1</sup> *portion*: the amount of food served to one person at a meal



## THE WORLD'S MOST EXPENSIVE BURGER

How long does it take you to buy a burger from a fast food restaurant? Perhaps five minutes? And how much does it usually cost? About five dollars? Burgers are fast, cheap, and tasty. Now imagine a burger that took two years to prepare and cost \$325,000. But this was not an ordinary burger. It was created in a laboratory by a Dutch scientist, Dr. Mark Post. It uses a special type of meat that can grow in a laboratory. Dr. Post thinks this is the future of food. It requires less water, less land, and less energy. So it is more environmentally friendly than traditional meat. However, Dr. Post knows that there is a lot more research to do. Obviously, reducing costs is a major challenge. Then there is the question of the taste. The three lucky people who ate the world's most expensive burger said that it was dry. They also said that it did not taste very good!

## READING COMPREHENSION

### Big Picture

**A** The following statements are the main ideas of each paragraph in Reading 1. Write the correct paragraph number next to its main idea.

- \_\_\_\_\_ 1. The cost of food has increased in the last decade.
- \_\_\_\_\_ 2. We need to think more carefully about what we eat.
- \_\_\_\_\_ 3. If we eat less meat and more grains, we will be able to feed the world.
- \_\_\_\_\_ 4. People in many countries are eating more and more meat.
- \_\_\_\_\_ 5. Producing less meat is better for the environment.
- \_\_\_\_\_ 6. We need more food because of the rapidly growing population.

**B** Read the following statements. Check (✓) the statement that best expresses the main idea of the *whole* reading.

- \_\_\_\_\_ 1. There are several reasons why we should eat more grains.
- \_\_\_\_\_ 2. People need to eat less meat in order to have enough food for the future.
- \_\_\_\_\_ 3. The world's population is growing more quickly today than in the past.
- \_\_\_\_\_ 4. Food is getting more expensive because we eat too much meat.
- \_\_\_\_\_ 5. Scientists have found a new way to produce a more environmentally friendly meat.

### Close-Up

Choose the answer that best completes each of the following sentences.

- 1. From 2005 to 2008, the price of wheat and corn \_\_\_\_\_.
  - a. was higher than prices in 2012
  - b. was lower than the previous decade
  - c. rose by 50 percent
  - d. increased a lot
- 2. According to paragraph 3 and Figure 1, in 2050 the world's population will be \_\_\_\_\_.
  - a. fewer than 6 billion
  - b. between 6 and 7 billion
  - c. between 7 and 9 billion
  - d. between 9 and 11 billion
- 3. According to paragraph 4, if people eat less meat, \_\_\_\_\_.
  - a. food prices will fall
  - b. farmers will use less water
  - c. they will eat more grains and, therefore, will be healthier
  - d. farmers will have less land to grow crops such as rice, corn, and wheat
- 4. Paragraph 5 states that when people earn more money, they often \_\_\_\_\_.
  - a. eat less meat
  - b. consume bigger portions of food
  - c. eat more grains such as corn and less meat
  - d. increase their meat consumption

5. According to paragraph 5, Davidson believes that people should \_\_\_\_\_.
  - a. stop eating meat and become vegetarians
  - b. not change their diets
  - c. not eat as much meat as they do today
  - d. decide for themselves what they eat
6. According to the short extra reading, “The World’s Most Expensive Burger,” on page 69, Dr. Post believes his burger is better for the environment than traditional meat because \_\_\_\_\_.
  - a. it has taken scientists years to develop
  - b. it uses fewer natural resources
  - c. scientists developed it in a laboratory
  - d. it tastes much better

## Reading Skill

### Understanding Graphs

When writers talk about numbers, they often focus on how numbers change. In Reading 1, for example, the writer talks about how the cost of food is increasing. Writers often include graphs to show how numbers are changing. Good readers pay attention to the graphs. They try to connect the numbers in the graph with the information in the reading.

In order to understand and talk about information in a graph, you should

- read the title carefully
- make sure you understand the two axes—the vertical (up and down) and horizontal (across) lines
- use the following verbs to talk about the numbers

Growing Numbers	Falling Numbers	No Change
rise (sharply, quickly, slowly) grow increase go up double triple be five times higher	fall (sharply, quickly, slowly) decline go down be three times lower	stay the same remain the same

**A** Work with a partner to answer the following questions.

1. Reread paragraphs 2 and 3. Which words and phrases refer to changing numbers?

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2. Look at the graph in Figure 1 on page 69. What information is on the vertical axis?

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3. What information is on the horizontal axis? \_\_\_\_\_

4. What happened to world population between 1750 and 1850? \_\_\_\_\_

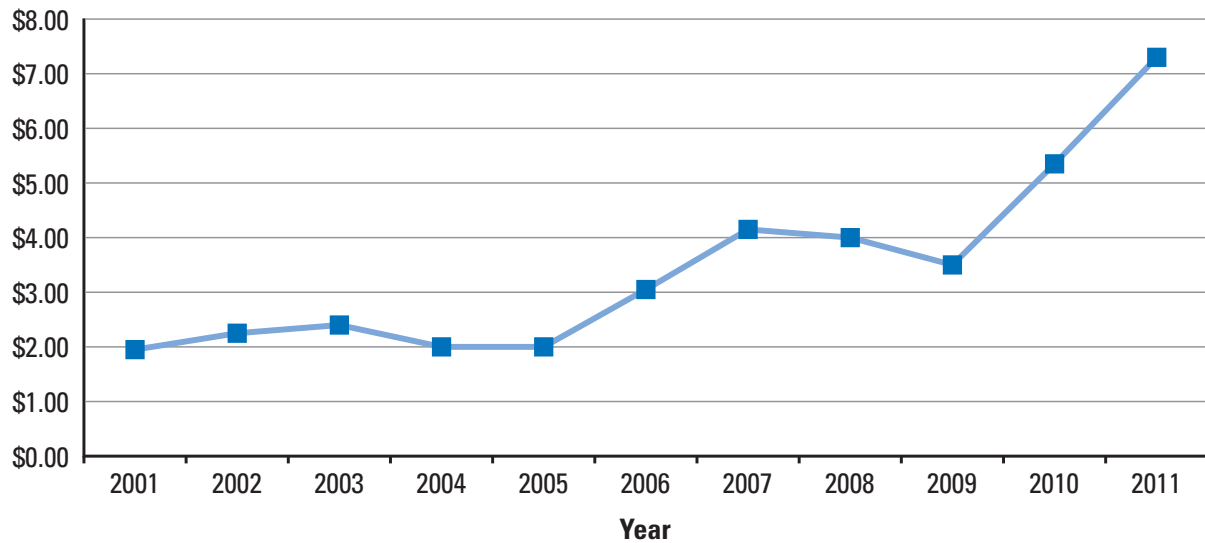
5. How did world population change between 1950 and 2000? \_\_\_\_\_



- B** Look at the graph below carefully. Then read the paragraph following it. Choose the correct words and phrases from the box to complete the paragraph. In some cases, more than one answer is possible.

fall    increase    rose slowly    tripled    went up

**Figure 2:** U.S. Corn Prices



Source: USDA

Corn is in many things we use every day. Corn is in foods such as bread, sugar, and even chewing gum. It is in plastics and paper. It is in soap. It is in gas. So when the price of corn goes up, the cost of many other products may \_\_\_\_\_, too. As Figure 2 shows, this happened from 2001 to 2011. The price of corn \_\_\_\_\_ from 2001 to 2003. Then, after 2005, the cost suddenly \_\_\_\_\_. However, in 2007, the price started to \_\_\_\_\_. Two years later, it once again increased until it was over seven dollars. In fact, between 2001 and 2011, the cost of corn more than \_\_\_\_\_. This means people are paying more for bread as well as many other items.





# VOCABULARY PRACTICE

## Academic Vocabulary

- A** Find the words in the box in Reading 1. Use the context and the words in parentheses below to help you complete the following sentences.

evidence (Par. 2)	requires (Par. 4)	tend to (Par. 5)
consumption (Par. 2)	incomes (Par. 5)	portion (Par. 6)

1. People who have a college degree usually have higher \_\_\_\_\_ (salaries) than people who do not have a degree.
2. Today, restaurants often serve larger \_\_\_\_\_ (amounts of food) sizes than they used to in the past.
3. A young child \_\_\_\_\_ (needs) fresh, nutritional food in order to be healthy and to grow properly.
4. Families who live in rural areas \_\_\_\_\_ (often) have better access to fresh food than people who live in the city.
5. \_\_\_\_\_ (facts and information) shows that right now, more people in the world live in cities than in rural areas.
6. Many experts believe that we need to increase our \_\_\_\_\_ (the amount we eat) of fruit and vegetables in order to be healthy.

- B** The words in bold often appear with the words on the right. Find the words in bold in Reading 1. Circle the word or words that appear with them in the reading.

1. \_\_\_\_\_ **evidence** (Par. 2) clear / weak
2. \_\_\_\_\_ **consumption** (Par. 2) gas / food
3. **requires** \_\_\_\_\_ (Par. 4) less / between
4. **incomes** \_\_\_\_\_ (Par. 5) are rising / are staying the same
5. **tend to** \_\_\_\_\_ (Par. 5) eat / move
6. \_\_\_\_\_ **portion** sizes (Par. 6) reducing / increasing

- C** Choose a word or phrase from the right column in Exercise B to complete each of the following sentences.

1. People are unhappy because **incomes** \_\_\_\_\_, but the cost of food, gas, and housing is increasing.
2. The police let the man go home because there was only \_\_\_\_\_ **evidence** connecting him with the crime.
3. My math teacher **requires** \_\_\_\_\_ homework than other teachers, but we have to go to the computer lab every day after class.
4. Parents **tend to** \_\_\_\_\_ closer to the city when their children have grown up and left home.



5. The study found that \_\_\_\_\_ **portion** sizes has led to a growing number of health problems, especially among children.
6. The city of Los Angeles is saving money on \_\_\_\_\_ **consumption** because its buses are now electric.

## Multiword Vocabulary

- A** Find the words in bold in Reading 1. Then use the words from the box below to complete the multiword vocabulary.

countries   demand   granted   much   on   resources

1. **take** (something) **for** \_\_\_\_\_ (Par. 1)
2. **in great** \_\_\_\_\_ (Par. 3)
3. **natural** \_\_\_\_\_ (Par. 4)
4. **twice as** \_\_\_\_\_ (Par. 5)
5. **developing** \_\_\_\_\_ (Par. 5)
6. **put pressure** \_\_\_\_\_ (Par. 5)

- B** Complete the following sentences using the correct multiword vocabulary from Exercise A. Use the information in parentheses to help you.

1. A growing number of people in \_\_\_\_\_ (nations that do not have a lot of industry) now have access to the Internet.
2. In Korea, *kimchi* is \_\_\_\_\_ (very popular), but many Europeans think this food is too hot and spicy.
3. We need to take care of our \_\_\_\_\_ (things found in nature that humans use) such as water and forests because we cannot survive without them.
4. In China, rising incomes means more people can afford cars. This is beginning to \_\_\_\_\_ (have an impact) the demand for gas, and, as a result, gas prices are beginning to rise.
5. Gas in France costs \_\_\_\_\_ (double) as it costs in the United States.
6. Most people \_\_\_\_\_ clean water \_\_\_\_\_ (don't think about it). However, this might change if the water shortage gets more serious.

## Use the Vocabulary

Write answers to the following questions. Use the words in bold in your answers. Then share your answers with a partner.

1. Name several **developing countries** around the world.
2. What are some of the **natural resources** of the country where you were born? Which natural resources are the most valuable?





The world's largest hamburger weighs in at 590 pounds (278 kilograms) in Toronto, Canada in May 2010.

3. Most parents **put pressure** on their children to act in certain ways. How do parents put pressure on teenagers?.
4. Some people think that gas will cost **twice as much** in the future. Do you agree? Explain your answer.
5. Many fast food restaurants offer “supersize” **portions**. Is it a good idea to **consume** these large portions of food?
6. Some college teachers **require between** two and three hours of homework every night. Is this a reasonable amount of homework, or is it too much? Explain your answer.

## THINK AND DISCUSS

Work in a small group. Use the information in the reading and your own ideas to discuss the following questions.

1. **Express an opinion.** Do you agree that people tend to take food for granted? What other resources do we take for granted?
2. **Analyze problems and identify solutions.** What are some of the problems with eating meat, according to the reading? What solutions does the reading offer?
3. **Apply knowledge.** Think of a country you know well. Do most people eat the same food as their grandparents did, or has their diet changed? If it has changed, is this a good or a bad thing?



## READING 2

### Academic Vocabulary

available	creative	economic
a benefit	definitely	logical

### Multiword Vocabulary

to be better off	a lack of
to catch on	to make sure that
inner-city	a practical solution

## Reading Preview

**A Preview.** Read the title of Reading 2, look at the photos, and read the captions on pages 76–79. Then discuss the following questions with a partner or in a small group.

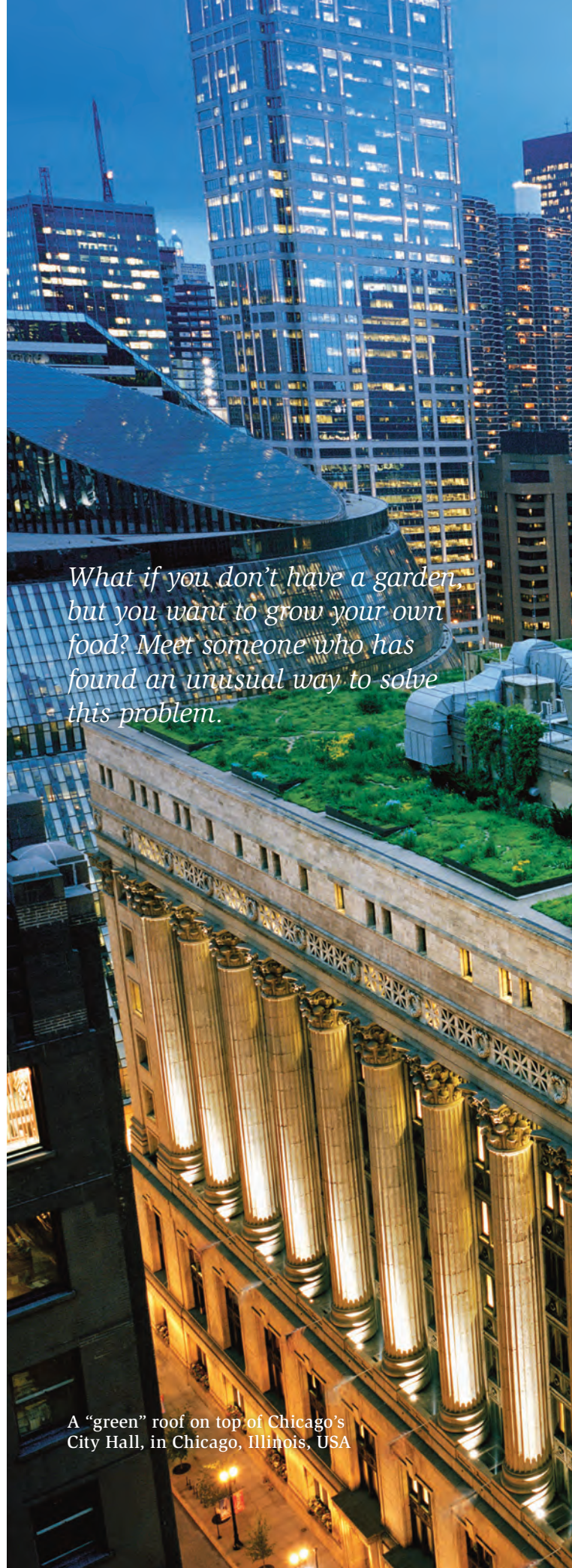
1. What does each photo have in common?
2. Why do you think someone is growing vegetables in the back of a truck?
3. Have you ever seen a building or truck like those in the photos? If so, where?

**B Topic vocabulary.** The following words appear in Reading 2. Look at the words and answer the questions with a partner.

fresh	local	organic
healthy	neighborhood	spinach
herbs	nutritional	urban
lettuce		

1. Which words are names of food?
2. Which words are about places?
3. Which adjectives describe food that is good for you?

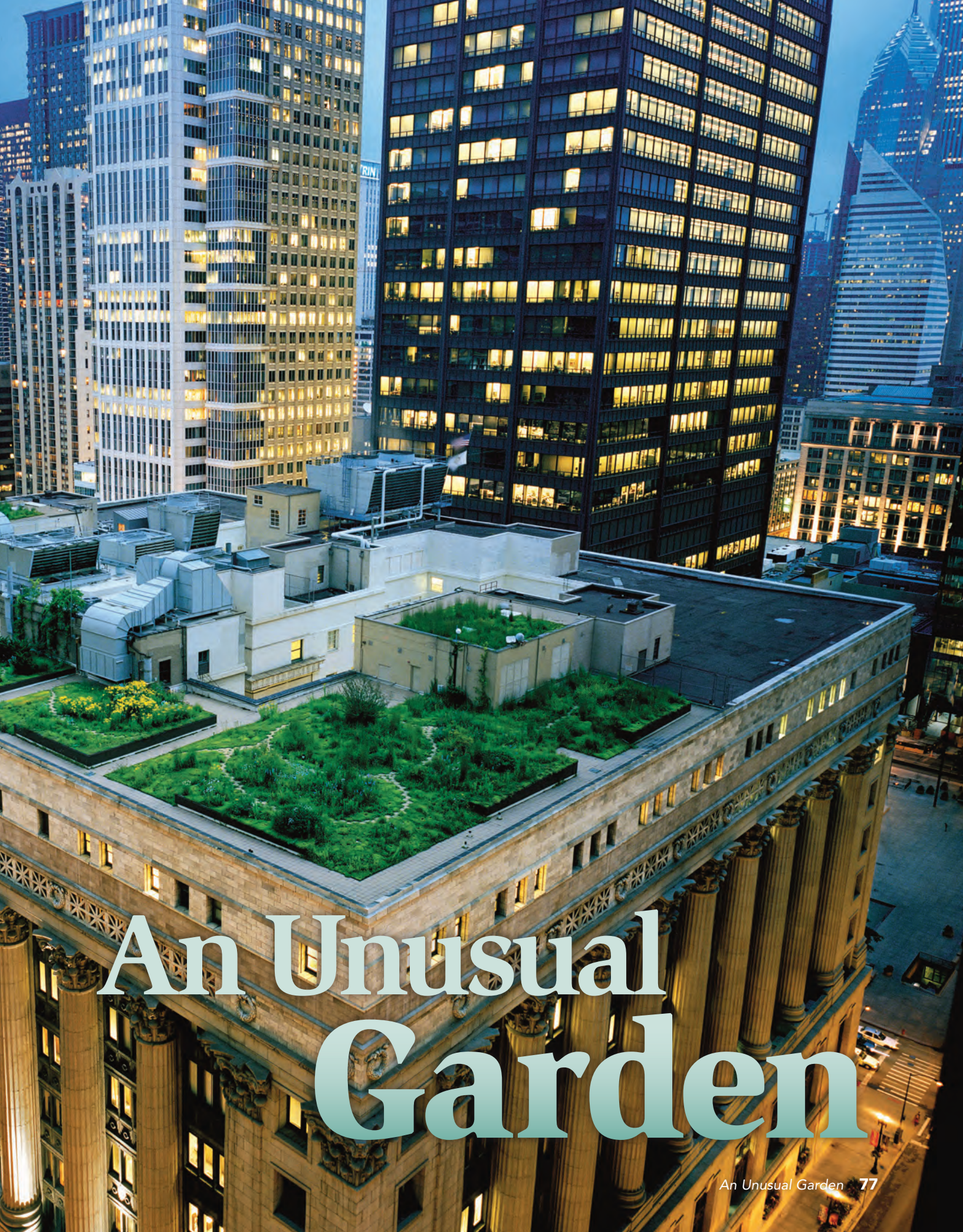
**C Predict.** What do you think this reading will be about? Discuss each word in Exercise B and predict how it may relate to the reading.



*What if you don't have a garden, but you want to grow your own food? Meet someone who has found an unusual way to solve this problem.*

A “green” roof on top of Chicago’s City Hall, in Chicago, Illinois, USA





# An Unusual Garden





The old 1986 truck was a gift from his grandfather. It worked, but it used a lot of gas. It was not an ideal vehicle for Ian Cheney's crowded, inner-city neighborhood in New York. Many New Yorkers would look at the truck and think of a junkyard.<sup>1</sup> Ian Cheney looked at his grandfather's truck and thought of a farm.

As in other large cities, there is not much space to grow food in New York. Yet Cheney wanted a vegetable garden. Many urban farmers in New York have found creative ways to grow vegetables. There are rooftop gardens high above the city. There are community gardens in old parking lots. There is even a floating garden in the Hudson River. Cheney, however, didn't have access to any of these spaces. So the old truck was a practical solution. The back of the

truck provided him with the space he needed. "I don't have a rooftop to grow any food," Cheney explains. "It seemed like the logical thing to do."

So Cheney set to work. First, he drilled holes in the truck bed for drainage—allowing water to pass through the bed. Then he laid down a recycled plastic mat. The soil came next—a special lightweight variety. He made sure that everything was organic. Cheney preferred organic because he wanted to grow vegetables without chemicals. Then he planted lettuce, herbs, spinach, and tomatoes. Finally, he watered and waited.

When the food was ready to pick, Cheney drove the truck from one urban neighborhood to another. He gave away some of the vegetables. He sold the rest to friends and neighbors. Everywhere he parked, passersby stopped and talked about the beautiful vegetable garden in the back of the truck.

<sup>1</sup> *junkyard*: a place where you can buy parts of old cars



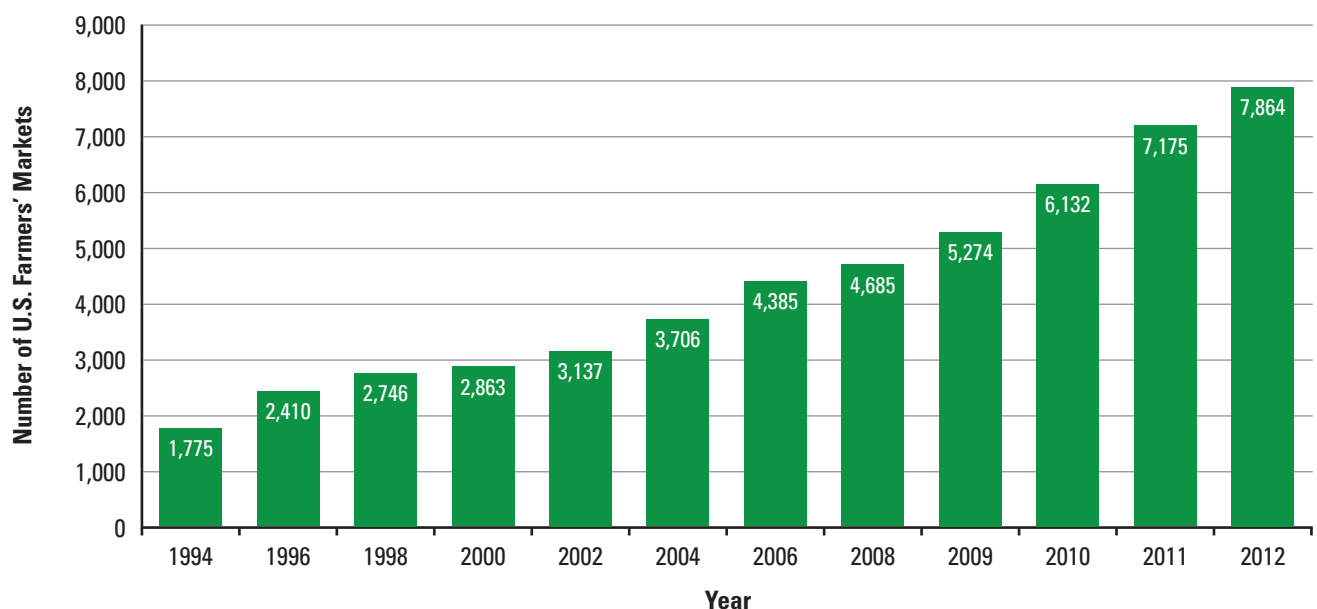


Vegetables grow in Ian Cheney's 1986 truck, parked on a New York city street.

Cheney is passionate about food. He strongly 5 believes that people are better off eating more local food—that is, food grown close to where they live. Local food has both environmental and health advantages. It reduces “food miles.” The term *food miles* refers to the distance between where you produce food and where you sell it. A lot of the food in large supermarkets travels hundreds of miles to get to your dinner table. This has an economic and environmental cost. Then there is the question of nutrition—food that helps you grow and be healthy. The nutritional benefits of vegetables decrease over time. So eating food within a few days of harvesting is healthier for you.

Cheney knows that his truck farm cannot 6 solve the problem of the lack of fresh food in some neighborhoods. Yet, like rooftop gardens, it could be part of the solution. Cheney continues to plant his farm and drive it around New York neighborhoods. And the idea of local food is catching on. As Figure 1 shows, an increasing number of farmers’ markets are selling local food in the United States. So fresh, local, and healthy food is now available in many places, including inner-city areas. As Cheney says, “If we can grow food in the back of an ’86 Dodge pickup, we can definitely find better ways to grow more fresh produce.”

**Figure 1:** Number of U.S. Farmers’ Markets 1994–2012



Source: USDA-AMS-Marketing Services Division



# READING COMPREHENSION

## Big Picture

Choose the answer that best completes each of the following sentences.

1. The main idea of the whole reading is that \_\_\_\_\_.
  - a. a truck farm is a creative way to produce fresh, local food
  - b. Ian Cheney grows vegetables in a truck
  - c. New Yorkers have found creative ways to plant gardens
2. The main idea of paragraph 2 is that \_\_\_\_\_.
  - a. Cheney did not have a rooftop for planting a garden
  - b. city residents are finding creative ways to grow food
  - c. Cheney thought of an unusual place to grow food in New York
3. The main idea of paragraph 3 is that \_\_\_\_\_.
  - a. drainage is an important part of growing vegetables successfully
  - b. there were several steps to building Cheney's truck farm
  - c. Cheney planted organic vegetables because he prefers natural food
4. The main idea of paragraph 4 is that \_\_\_\_\_.
  - a. Cheney enjoys talking to people
  - b. neighbors wanted to know what Cheney was growing in his truck
  - c. Cheney began to sell or give away his vegetables
5. The main idea of paragraph 5 is that \_\_\_\_\_.
  - a. local food is better for people and the environment
  - b. fresh and local vegetables taste better than store-bought vegetables
  - c. some food travels a long distance to the grocery store
6. The main idea of paragraph 6 is that \_\_\_\_\_.
  - a. the number of farmers' markets is increasing in the United States
  - b. Cheney's truck farm is just part of the answer to growing more local food
  - c. more New Yorkers are growing fresh food because of Ian Cheney

## Close-Up

**A** Decide which of the following statements are true or false according to the reading and Figure 1. Write *T* (True) or *F* (False) next to each one.

- \_\_\_\_\_ 1. Cheney's truck uses a lot of gas, and this is expensive.
- \_\_\_\_\_ 2. Cheney decided that growing vegetables in his truck was an easier choice for him than growing vegetables in his rooftop garden.
- \_\_\_\_\_ 3. Cheney was worried that his truck bed wasn't big enough to grow vegetables.
- \_\_\_\_\_ 4. Cheney sold his vegetables to local grocery stores.
- \_\_\_\_\_ 5. Fresh food in supermarkets may come from many miles away.
- \_\_\_\_\_ 6. Vegetables that take a long time to get to the supermarket have fewer nutritional benefits than local vegetables.
- \_\_\_\_\_ 7. The number of farmers' markets in the United States more than doubled between 2000 and 2012.
- \_\_\_\_\_ 8. From 2010 to 2012, the number of farmers' markets worldwide increased to 7,864.



- B** Work with a partner or in a small group. Change the false sentences in Exercise A to make them true.

## Reading Skill

### Finding Definitions

Sometimes readers are not sure about the meaning of a word or a phrase. However, if the word is important, writers often help you to understand the meaning. Writers do this in the following ways:

- They use signals such as *or* and *that is* to explain the word.  
*Life expectancy—that is, how long people live for—is increasing in all countries.*
- They may use dashes, parentheses, or commas immediately after the word.  
*Demography, the study of population, is an important subject in today's world.*
- They use examples to explain the meaning.  
*Dairy products such as milk, cheese, and yogurt are an important part of your daily diet.*

- A** Read the following paragraph. Look for definitions or examples that explain important words. Circle these words. Underline the definitions.

Too many Americans are eating too much salt, a report has recently stated. Doctors say that most young, healthy adults should have about 2,300 milligrams of salt per day. However, most Americans are consuming more than 3,400 milligrams with their daily meals. Your body needs some salt. However, if you have too much, it accumulates, or builds up, in your blood. This can lead to serious health problems such as a stroke, a serious illness in our brain. To reduce salt in your diet, you can read food labels to determine, that is to figure out, the amount of salt in that food. You should avoid processed food such as chips and frozen dinners. The best advice? Eat plenty of fresh, local fruit and vegetables.

- B** Look back at Reading 2. Find definitions of the following words and fill in the chart.

Words	Definitions
1. drainage (Par. 3)	
2. organic (Par. 3)	
3. local food (Par. 5)	
4. food miles (Par. 5)	
5. nutrition (Par. 5)	



# VOCABULARY PRACTICE

## Academic Vocabulary

**A** Find the words in bold in Reading 2. Use the context and the sentences below to help you match each word to the correct definition.

- |  |                                       |
|--|---------------------------------------|
| _____ 1. City residents often think of very <b>creative</b> (Par. 2) ways to grow food.  | a. certainly; without doubt           |
| _____ 2. Moving to a city is a <b>logical</b> (Par. 2) decision for many people. There are more jobs in the city.  | b. imaginative and new                |
| _____ 3. Although many people still do not have a job, the <b>economic</b> (Par. 5) situation is slowly improving.   | c. advantages; things that help you   |
| _____ 4. There are many health <b>benefits</b> (Par. 5) to growing your own food. For example, it is fresher and you get exercise while you work in your garden. | d. sensible; reasonable               |
| _____ 5. The computers in the library are now <b>available</b> (Par. 6) 24 hours a day.  | e. connected to business and industry |
| _____ 6. Fruit is <b>definitely</b> (Par. 6) a healthier snack than candy.   | f. able to be used                    |

**B** Choose the correct word from the box to complete each of the following sentences. Notice and learn the words in bold because they often appear with the academic words.

available      benefits      creative      economic      logical

1. Steve Jobs was well-known for his \_\_\_\_\_ **ideas** in the world of technology.
2. The country faces several \_\_\_\_\_ **problems** such as the rising cost of food and the growing number of people without work.
3. James decided to leave his job and travel around Asia. It wasn't a(n) \_\_\_\_\_ **thing to do**, but he wanted to travel while he was still young.
4. The company announced that the new phone is **now** \_\_\_\_\_ in stores.
5. The **health** \_\_\_\_\_ of eating more fish and less meat are clear, according to my doctor.

## Multiword Vocabulary

**A** Find the multiword vocabulary in bold in Reading 2. Use the context to help you understand the meaning. Then match each item to the correct definition.

- |   |   |
|---|---|
| _____ 1. <b>inner-city</b> (Par. 1)           | a. not enough   |
| _____ 2. <b>a practical solution</b> (Par. 2) | b. a sensible answer to a problem                       |
| _____ 3. <b>made sure that</b> (Par. 3)       | c. are more successful                                  |
| _____ 4. <b>are better off</b> (Par. 5)       | d. is becoming more popular                             |
| _____ 5. <b>the lack of</b> (Par. 6)          | e. relating to the area near the center of a large city |
| _____ 6. <b>is catching on</b> (Par. 6)       | f. checked that something is the way you want it        |



**B** Complete the following sentences with the correct multiword vocabulary from Exercise A.

1. Electric cars \_\_\_\_\_. More people are buying them today even though they are still quite expensive.
2. The teacher \_\_\_\_\_ the students were ready for the test.
3. Parents are complaining about \_\_\_\_\_ space where children can play. They are trying to get the government to create more parks.
4. \_\_\_\_\_ apartments are very expensive, so many people live outside the city and drive long distances to work.
5. The two students could not afford to rent their own apartment, so they came up with \_\_\_\_\_. They found a third friend and rented an apartment together.
6. Most experts agree that people with university degrees \_\_\_\_\_ than people with only high school diplomas.

## Use the Vocabulary

Write answers to the following questions. Use the words in bold in your sentences. Then share your answers with a partner.

1. Some students choose to live in student housing. Other students prefer to rent their own apartments. What are some of the **benefits** of each of these two choices? Which would you prefer to live in—an apartment or student housing?
2. Do you think you will **be better off** than your grandparents? Your parents? Explain your answer.
3. If high school students in your country want to go to a university, do they have a lot of choices **available** to them? What are some of these choices?
4. "It is **definitely** an advantage to be able to speak English in today's global world." Do you agree with this statement? What other languages are important to learn?
5. Teachers should **make sure that** their students understand what they are learning. How did your high school teachers make sure you understood everything?
6. Would you prefer to live in an **inner-city** area or in a rural area? Explain your answer.

## THINK AND DISCUSS

Work in a small group. Use the information in the reading and your own ideas to discuss the following questions.

1. **Identify problems and find solutions.** Why is it a challenge to grow vegetables in New York City? What are residents doing to solve this problem?
2. **Summarize.** Why is local food better for you, according to the reading?
3. **Analyze.** Define the term *food miles*. Why is there an *environmental cost* to food miles?



## Vocabulary Review

- A** Complete the paragraphs with the vocabulary below that you have studied in the unit.

are catching on	lack of
creative ideas	logical thing to do
health benefits	take it for granted
in great demand	twice as much

Did you know that the average Swedish breakfast travels 24,901 miles from farm to table? Two reasons explain why food is traveling farther today. First, we

\_\_\_\_\_ <sup>1</sup> that we can eat any fruit or vegetables whenever we want. And fresh fruit is \_\_\_\_\_.

\_\_\_\_\_ <sup>2</sup> People in England want strawberries in winter, for example. So stores fly this fruit from warm countries such as Chile. The second reason is money. Costs are lower in developing countries. For example, Norwegian fishermen send fish to China. There, factories prepare the fish and fly it back to Norway, where people buy it for dinner. This doesn't seem like a \_\_\_\_\_ <sup>3</sup>. Yet it costs more than \_\_\_\_\_ <sup>4</sup> to prepare the fish in Norway as it does in China.

Will Allen, a professional basketball-player turned farmer, is working hard to reduce food miles. When he started his farm, he saw that there was a \_\_\_\_\_ <sup>5</sup> fresh food in the urban area where he lived. Knowing the \_\_\_\_\_ <sup>6</sup> of eating local, fresh food, he started to sell vegetables to his neighbors. He also wanted to teach his neighbors how to grow their own food in the city. He has come up with some \_\_\_\_\_ <sup>7</sup> such as growing vegetables in water and turning parking lots into small farms. His ideas \_\_\_\_\_ <sup>8</sup> as more people in his area are buying his food and learning how to grow their own.



Will Allen

- B** Compare answers to Exercise A with a partner. Then discuss the following questions.

*Why does food travel longer distances today? Why does the writer suggest that it is not logical to send Norwegian fish to China?*

- C** Complete the following sentences in a way that shows that you understand the meaning of the words in bold.

- Today, people **tend to eat** more \_\_\_\_\_.
- Although **incomes are rising** in some countries, in other countries \_\_\_\_\_.
- Small cars **require less** \_\_\_\_\_.
- In my city, there is a serious **lack of** \_\_\_\_\_.



- D** Work with a partner and write four sentences that include any four of the vocabulary items below. You may use any verb tense and make nouns plural if you want.

available now  
be better off

definitely  
economic problems

inner city  
make sure that

## Connect the Readings

- A** Writers use specific details to support general statements. Use information from Readings 1 and 2 to add specific details to the following statements. One answer has been done for you.

Important Idea	Specific Details
1. World population began to grow more quickly in the 20th century.	
2. Food prices have increased in the last decade.	
3. Experts predict that population will continue to grow in the 21st century.	
4. Growing grain is better for the environment than producing meat.	
5. The demand for meat in some developing countries is increasing.	
6. Urban farmers have found creative ways to grow their own food in small spaces.	<i>rooftop gardens, truck farm, floating gardens</i>
7. Ian Cheney used environmentally friendly ways to make his truck farm.	
8. In the last decade, Americans have been able to buy more local, fresh food.	

- B** With a partner or in a small group, compare answers to Exercise A. Then discuss the following questions.
1. What global problem does this unit discuss?
  2. What solutions do Readings 1 and 2 offer to this problem?
- C** Discuss the following questions with a partner. Use your understanding of the readings and your own ideas.
1. What kinds of food do you eat regularly? Where does this food come from?
  2. Is local food available where you live? Is organic food available?