

The Vale Pantry (C1 - Advanced)

A – Before you start

Answer the questions with a partner.

1. Food banks and social supermarkets are being set up all over Europe. Do you know of any in your home town?
2. If so, who are they run by?
3. Where does the food come from?

B – Listen and answer

Read these statements. Then listen (without reading) and choose the correct answer.

1. The word 'pantry'
 - a) is a newly invented term.
 - b) refers to a place where food is stored.
 - c) means any kind of cupboard.
2. Social supermarkets and local pantries provide those in need with
 - a) food.
 - b) advice and encouragement.
 - c) both of these.
3. The Trussell Trust provides food parcels to anyone who asks for them.
 - a) True.
 - b) False.
 - c) The article doesn't say.
4. The Vale Pantry, set up by Carole Jones, operates in an agricultural area.
 - a) True.
 - b) False.
 - c) The article doesn't say.
5. The organisation often supplies families with
 - a) oven-ready meals.
 - b) processed food.
 - c) ingredients with cooking instructions.
6. Those who want to become members of the Vale Pantry have to apply
 - a) online.
 - b) through their doctor.
 - c) through social services.
7. The only items at the Vale Pantry that are completely free are fruit and vegetables.
 - a) True.
 - b) False.
 - c) The article doesn't say.
8. Carole Jones says she was amazed at the number of
 - a) families in debt.
 - b) stressed children.
 - c) children with special needs.

C – Read and answer

Read the article and answer the questions.

1. Why is there such a great need for food pantries now?
2. Why aren't food parcels suitable for everyone?
3. What difficult decisions do some families have to make?
4. What are the various reasons why more and more people are now suffering from food poverty?
5. What does the organisation do to get children to eat healthy food?
6. In what way is the Vale Pantry similar to a supermarket?
7. How are the various shopping items divided up?
8. Why was it necessary to set up a support group for mums?

D – Learn it! Use it!

Complete these sentences with words from the glossary. (You may have to adapt the expression in some way; e.g. change the verb tense, or change from singular to plural.)

1. Yesterday was warm, but today it's quite chilly. The temperature dropped _____ overnight.
2. This problem's urgent. It needs to be _____ right away.

3. While James was tidying up the spare room, he _____ some old family photos.
4. One way to lose weight and save money is to _____ on snacks and sweets.
5. This _____ was delivered this morning. Did you order anything online?
6. To get a visa, we had to fill in so many _____. The bureaucracy here is incredible.

E – Ready for the C1 ADVANCED English Test? (Reading and Use of English, Part 4)

Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. Use between 3 and 6 words including the word given.

Example: Many families have found themselves with pantries that are practically empty.

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|-----------|---|
| BE | Many families have found their <i>pantries to be</i> practically empty. |
| 1. | The contents of food parcels might be unsuitable for some people. |
| SUIT | The contents of food parcels _____ everyone. |
| 2. | The people who run social supermarkets are all volunteers. |
| ENTIRELY | Social supermarkets _____ volunteers. |
| 3. | People start to choose better food after using the recipe bags. |
| MAKE | People start _____ after using the recipe bags. |
| 4. | After approval, they just have to make a contribution of £6. |
| ALL | After approval, _____ make a contribution of £6. |
| 5. | The Vale Pantry is not just a local shop. |
| MUCH | The Vale pantry _____ a local shop. |
| 6. | We also look to see if we can do anything else for our members. |
| WHAT | We also look at _____ for our members. |

F – Talk about it

In pairs or groups.

1. Is there a growing demand for food banks or social supermarkets in your country?
2. If so, what do you think are the reasons for it?
3. Why is it a good idea to teach adults and children to cook meals using basic ingredients?
4. What other things could be done to alleviate food poverty, in your opinion?

Answers

B – Listen and answer

1. b 2. c 3. b 4. a 5. c 6. a 7. b 8. c

C – Read and answer

1. Because food prices are soaring and, as a result, increasing numbers of people do not have enough money to spend on food. 2. Because they contain only basic dried and tinned products. There is no choice for vegetarians or for those with food intolerances and they don't contain fresh fruit and vegetables. 3. Some have to decide whether to feed their families or heat their homes. 4. Some are workers in low paid jobs whose rents have increased. Others are pensioners affected by the increases in gas and electricity bills. Some people are between jobs or are waiting for their benefit to arrive. Others have long-term health problems and can't work. 5. It asks families to involve their children in the use of recipe bags by asking them to post pictures of their meals and rate them. It also organises children's cookery classes during the school holidays. 6. People can choose what they want to take home. 7. They are divided into red, green and free items. Members can choose two red items, 12 green items and any amount of free items. 8. Because many mums are facing other problems besides food poverty and are quite stressed.

D – Learn it! Use it!

1. sharply 2. tackled/sorted out 3. came across 4. cut back 5. parcel 6. forms

E – Ready for the C1 ADVANCED English Test?

1. might not suit 2. are run entirely by 3. to make better food choices 4. all they have to do is 5. is much more than 6. what else we can do