

SÈRIE 1:

READING COMPREHENSION

ORGANIC FARMING

Part 1: Reading Comprehension

1. Laura and Lawrence started a farm because they...

- a. knew organic produce was in demand.
- b. wanted to grow their own food.**
- c. had some knowledge of organic farming.
- d. had moved together to the country.

2. Laura and Lawrence's farm in Dorset...

- a. is a cooperative farm with 17 growers working in it.
- b. was bought from farmers that practised organic intensive agriculture.
- c. was not used to grow produce right before they bought it.**
- d. was used by a local agricultural college to train new farmers

3. According to Laura, the word 'organic' describes...

- a. a type of food that is very natural
- b. a kind of food that contains no trace of artificial chemicals.
- c. the use of farming methods that do not cause environmental damage.**
- d. produce that is marginally contaminated by the farmer next door.

4. The Soil Association...

- a. inspects the food grown on organic farms.
- b. decides whether land is suitable for agriculture.
- c. distributes organic products for the farmers
- d. decides whether produce can be called organic.**

5. The Soil Association symbol can only be obtained if...

- a. you are going to use natural chemicals for at least two years.
- b. you belong to a marketing cooperative for organic products.
- c. your farming practices are approved by its inspectors.**
- d. you win a competition against other organic farmers.

6. Laura and Lawrence obtained their symbol...

- a. when the Soil Association was just starting to function.**
- b. because they were not aware of having used chemicals.
- c. because they had a degree from the local agricultural college.
- d. because they labelled their products organic.

7. When they first started, Laura and Lawrence...

- a. had difficulty finding enough customers.
- b. had some problems meeting their customers' needs.**
- c. had logistical problems with their marketing cooperative.
- d. supplied their produce to only one customer.

8. On the whole, the text suggests that organic farming is becoming more popular among growers because...

- a. they are no longer confused about what 'organic' means.
- b. they can now join marketing cooperatives to sell their produce.
- c. of a general tendency towards protecting the environment.**
- d. they can obtain marketing symbols from the Soil Association.

Listening Comprehension

Gourmet Garbage

In the following conversation you are going to hear some new words. Read and listen to them. Make sure you know what they mean

Waste : deixalles / desperdicios

Foraging : cercar/ búsqueda,

Discard : rebutjar / desechar

Squat : okupar

Toss : llençar / tirar

Rummage : remoure / hurgar

Ready?

Now read the questions on the following page. Read them carefully before listening to the conversation.

In the following interview Kimberly Matthews talks to Adam Weissman, well-known New York City animal activist and leader in the growing freegan movement.

Kimberly: Adam is not homeless or unemployed, yet he chooses to use and eat discarded things. But it's not that gross. Delicious fruits and vegetables, fresh bread, yoghourts, unopened bags of chips, these are just some of the perfectly good foods freegans find and consume. Okay Adam, what is freeganism?

Adam: Freeganism is a strategy for reducing **waste**, saving money so we can work less, and minimizing the impact of our consumption. Freegans are building a culture where people help and share with one another instead of competing for resources.

Kimberly: For many people, it seems an impossibility to live a freegan lifestyle. I completely understand why you do it, but how do you do it?

Adam: We concentrate on urban **foraging**, recovering wasted food, books, clothing, office supplies and other things from that shops throw out.

Kimberly: But aren't most of those things old or broken?

Adam: Actually, no. Most things are frequently discarded in brand new condition. Many times they are thrown out simply because a new model has come in and customers no longer want the old one.

Kimberly: Where do you usually go for breakfast?

Adam: My refrigerator. I fill my fridge about once a week during our foraging expeditions. I constantly find far more than I can use at city supermarkets. In fact, I usually find so much that I pick up all that I have the strength to carry, give as much as I can to people I run into on the street on my way to the bus station. I often give away about 30 pounds of food, and still am left with enough food to last me a week!

Kimberly: So you live exclusively on what you can pick up in the streets?

Adam: Not exclusively. We also pick wild plants and medicinals. These can be found everywhere from the deep woods to a city park.

Kimberly: I have heard that you also participate in free markets. How does that work?

Adam: In fairs like the "Really, Really Free Market" and in permanently established "Free Stores," people donate things they don't want and others find things they can use. We also repair and mend items instead of **tossing** them out and organize workshops to teach others to do the same.

Kimberly: What about housing? What kind of places do you live in?

Adam: We typically **squat**, finding abandoned, decrepit buildings and restoring them into homes and community centers.

Kimberly: But isn't squatting illegal?

Adam: Squatting fights against a system where homeless people freeze to death on the streets while landlords and municipal governments keep thousands of buildings closed.

Kimberly: In addition to not participating in consumerism, how else does freeganism help the environment?

Adam: We see automobiles and the petroleum economy as a social and ecological disaster and promote more sustainable methods of travel.

Kimberly: Like, for example?

Adam: Bicycling is healthy and doesn't generate pollution, so volunteer groups called bike collectives teach people to repair abandoned and broken bikes.

Kimberly: But sometimes it is necessary to use cars, right?

Adam: Freegans who need to use cars avoid petroleum dependence by converting their diesel engines to run on used oil from restaurants, turning a **waste** product into an ecologically-friendly fuel.

Kimberly: Is it true that freegans support the idea of working less?

Adam: By buying less "stuff" and taking care of essential needs without paying money, we are able to work less or not at all. This is motivated not by "laziness," but by a desire to spend time in community service, activism, caring for family, etc.

Kimberly: The word 'freegan' is a combination of 'free' and 'vegan', which means 'strict vegetarian'. Does that mean freegans don't eat meat, eggs or milk products?

Adam: I don't, but I have no objection for those who recover discarded animal products. Living beings have always consumed dead beings, keeping matter and energy a constant part of the life cycle. Personally, when I die, I want my body abandoned in the woods so that it can feed other animals.

Kimberly: What inspired you to take on this lifestyle?

Adam: As I became more aware of the ways my consumer life was influencing other people, I started to make changes in my lifestyle, first I became vegetarian, then I became vegan, then I decided to eat only organic foods.

Kimberly: But that wasn't enough?

Adam: It was until I realized that "organic" did not mean "animal-friendly." Organic farmers will shoot, trap and poison mammals, birds and insects as much as non-organic farmers—they just don't do it with pesticides.

Kimberly: The ideals of freeganism—and you in particular—have been in the media quite a bit lately. What has the public response been?

Adam: Literally millions of people are learning about freeganism and seeing freegans as serious people rather than as freaks **rummaging** in garbage. And because TV programs have shown that the things we recover are of really good quality, people's expectations of dirty and decaying food are changing.

Kimberly: Okay, Adam, let's get a little personal now. If you had a date, would you go to a restaurant or...?

Adam: Dating? Who has time for dating? I spend almost every day doing interviews like this!

[Adapted from **SATYA**, online magazine about vegetarianism, environmentalism, animal advocacy and social justice]

Choose the correct answer according to the text. Only one answer is correct. Look at number 0 as an example.

[0.25 points each correct answer]

1. According to Adam, many times items are thrown out...

- because they are no longer in brand new condition.
- because customers have discarded the new models.
- because customers ask for the old models.
- even though they are in brand new condition.**

2. Where does Adam usually have breakfast?

- On the street on the way to the bus station.
- At the city supermarkets.
- He eats the food that he has in his refrigerator.**
- He doesn't eat breakfast because he has no food in his refrigerator.

3. What is a 'free market'?

- A market where people donate things they no longer want.**
- A market where you can walk freely while you buy things.
- A place where people teach you how to toss your things.
- A store that sells plants from city parks.

4. Freegans typically squat because...

- they like to freeze to death in abandoned buildings.
- it is a way to fight the system.**
- they don't like to live in decrepit buildings.
- landlords and the municipal governments find abandoned buildings for them.

5. How do freegans help the environment?

- By using automobiles and petroleum.
- By consuming oil from restaurants.
- By using bicycles.**
- By causing ecological disasters with their methods of travel.

6. A vegan is a person who...

- eats only eggs and milk products.
- doesn't eat meat, eggs or milk products.**
- can choose to eat meat, eggs or milk products.
- has no objections for those who eat meat.

7. Adam dislikes organic farmers because they...

- don't use pesticides.
- are not animal friendly.**
- use mammals, birds and insects as pesticides.
- are not vegetarians.

8. People who learn about freeganism think that freegans...

- are not serious when they rummage in garbage.
- only recover dirty and decaying food.
- are freaks because they are covered by the media.
- are serious people, not freaks.**