

ВСЕРОССИЙСКАЯ ОЛИМПИАДА ШКОЛЬНИКОВ ПО АНГЛИЙСКОМУ ЯЗЫКУ
(МУНИЦИПАЛЬНЫЙ ЭТАП)

Возрастная группа: 9-11 классы
Listening (Script)

Listening. Part 1.

You will hear part of a radio programme about chocolate. For items 1 to 9, complete the sentences with a word or short phrase. Now you have 45 seconds in which to look at Part 1.

[pause 45 seconds]

When it was introduced to London in the mid-seventeenth century, a pound of chocolate cost the equivalent of £500, and by the eighteenth century this quintessentially blameless bedtime drink was seen as the height of indulgence. So, what exactly is it about chocolate that has taken it from **luxury** to near universal pleasure? Dr Peter Barham of the Physics department at Bristol University has been trying to find out. He analysed the physics and chemistry of chocolate from pod to bar, and discovered what it is that makes it so appealing.

The reasons for cravings for chocolate lie in its **chemical composition**. Chocolate, like coffee, contains caffeine, but according to Dr Barham the main stimulant is another chemical, the name of which comes from the Latin for the cocoa tree.

The reason why chocolate feels so good when we eat it is because of its particle size, Dr Barham says. Particle size, apparently, imparts that familiar rich, creamy texture. And it is this richness that advertising copywriters use to market chocolate as a sensuous pleasure. During the manufacture of chocolate, the liquid mixture is crunched through **heavy-duty rollers**. This reduces the particles of solid ingredients in the chocolate to microscopic size. And the smaller the particles, the better the emulsion - the liquid with tiny solid particles suspended in it. Basically, the smaller the particles, the thicker the emulsion, which is important if you like chocolate to linger in the mouth and give a pleasing **after-taste**.

Another person investigating the subject is Professor David Warburton, head of the Psychopharmacology department of Reading University. According to his research, chocolate increases feelings of well-being; indeed, eating too much chocolate may be a form of **self-medication**. Professor Warburton found that more than fifty per cent of people who eat four squares of chocolate feel in a better frame of mind afterwards. This is thought to be because chocolate contains a molecule which is closely related to amphetamines. This raises **blood pressure** and boosts glucose levels, making people feel more alert and giving a sense of well-being. Over-indulging on chocolate may, in fact, be an attempt to regulate the chemicals that control **mood** after an emotionally upsetting incident.

Chocolate addiction has been studied by doctors Marion Hetherington and Jennifer Macdiarmid from the University of Dundee. They have found that although eating chocolate made people feel better, in genuine addicts the pleasure was short-lived. Most felt incredibly guilty after a chocolate binge. And this guilt may do them even more harm since **guilt** creates stress hormones, which mobilise fatty acids such as cholesterol and cholesterol clogs up arteries, which, as we all know, can lead to certain illnesses.

According to psychologist Corinne Sweet, we have what's called a '**treat mentality**', which means we can become emotionally addicted to chocolate. We are hooked on rewarding ourselves for good

behaviour, but these treats are ultimately bad for us. Rewards, convenience food, comfort food - however we view chocolate, we need to recognise that chocolate is not really a healthy food option.

Now you will hear Part 1 again.

[Text repeated.]

That's the end of Part 1. Now turn to Part 2.

You will hear two travel agents talking about the rise in popularity of adventure holidays. For items 10 to 15, decide whether the opinions are expressed by only one of the speakers, or whether the speakers agree.

Write

D for Daniel

H for Helena

B for Both where they agree.

Now you have 30 seconds in which to look at Part 2.

Daniel:	What did you think of the talk, Helena? ~ the one given by the woman from Breakout Travel.
Helena:	Yeah, interesting stuff. So, adrenaline adventure trips are what we'll be selling more of in the next few years.
Daniel:	Mm. I liked the phrase she coined. What was it? The fear-good factor. So apparently what people are craving now are white-knuckle journeys of derring-do.
Helena:	I've noticed how people who are trying out this adventure-style travel are coming back for more. Once they've tried whale watching, chasing tornadoes or hammering along white water rapids on a raft, they're quite simply hooked.
Daniel:	There does seem to be a real lure to this type of travel — they can't keep away.
Helena:	It does strike me that more and more people are choosing to take their lives into their own hands when they go on holiday.
Daniel:	I suppose come the annual holiday some people go looking for the ultimate challenge. I guess it's a way out if you're stuck in a rut, feeling fed up with a humdrum existence.
Helena:	I felt totally exhausted just hearing about some of the trips Breakout organise.
Daniel:	Yeah, can you imagine spending your long-earned, two weeks off like that?
Helena:	You'd get to the end of the day completely done in because your adrenaline levels have rocketed. Come to think of it though, I'd give it a go. Like the white water rafting.
Daniel:	What, where you're paddling along in your raft very happily, thinking you're comfortable and the next second being plunged into freezing cold water. I wouldn't find that thrilling.
Helena:	But that's just it. You'd be absolutely in it, in the thick of that element, with no way to ever remove yourself from it - that must be the real high of it.
Daniel:	Well, anyway, it doesn't matter what I think. If my customers come in wanting thrills and spills it's up to me to sell them something that'll live up to their

	expectations.
Helena:	I wonder what it'll mean for all the 'sun 'n' sea' type holidays we sell in their thousands every year? I mean, with people wanting something more adventurous, lying in the sun is no longer enough, especially taking into account the ease of ...
Daniel:	...discovering uncharted rivers or sailing across the Atlantic in a leather boat. (<i>laughs</i>) Easy, I don't think so.
Helena:	Ease of availability and affordability, I was going to say! For our parents' generation going on a package tour to wherever was the pinnacle of excitement. It must have been mould-breaking then, but now things have moved on.
Daniel:	We were brought up doing that every year, thinking there must be something else something more and everyone must have felt the same. And maybe adventure travel is it.
Helena:	Don't you think though, these holidays are really only for dare-devils, whatever your views on green issues. I mean, there is such a thing as your own personal challenge level.
Daniel:	I'd never go climbing ice cliffs myself. But even with no previous experience, if you have enough determination to get the hang of new skills , surely nothing will stop you.
Helena:	What surprises me is this family aspect of adventure travel which is on the increase.
Daniel:	Mm, like the example quoted of the family who went to northern Thailand ...

Now you will hear Part 2 again.

[Text repeated.]

That's the end of Part 2.