

## Section 4

### Questions 31-34

Complete the summary below. Write **NO MORE THAN TWO WORDS** for each answer. (if there are numbers, use words). Spelling of the capital and lower-case letters is not important.

#### *Origins of the Caveman Diet*

There are many popular fad diets nowadays. They all promise good health if you stick to the **31** \_\_\_\_\_. The Caveman diet is a popular example. This diet includes foods such as lean meat and fish that our forebears ate before we developed **32** \_\_\_\_\_. We need to find out what our ancestors did eat, so researchers are studying some existing hunter-gatherer tribes. These tribes typically like to eat meat but they can't always get it, even though they are skilled with their weapons, e.g. **33** \_\_\_\_\_ and arrows. So, instead, they eat foods that their wives gather. They get only about a **34** \_\_\_\_\_ of their energy from meat.

### Questions 35-36

Choose the correct letter, **A, B or C**.

**35)** Research evidence suggests ...

- a) the tribesmen's traditional diet is unhealthy.
- b) our bodies can digest only certain foods.
- c) we can adapt to a range of diets.

**36)** Thai people have difficulty digesting milk because ...

- a) they have too much lactase in their bodies.
- b) in the past they didn't farm cows.
- c) their saliva lacks certain enzymes.

### Questions 37-40

Complete the notes below. Write **NO MORE THAN TWO WORDS** for each answer.

Variation in global diets:

- Inuit – most calories from **37** \_\_\_\_\_ - \_\_\_\_\_ foods, e.g. seal meat
- Jains – vegetarian, but milk is permitted
- Others – fish, insects

Implications for the caveman diet:

- Caveman did not all eat the same diet.
- Diets come from complicated cultural dietary **38** \_\_\_\_\_.

Problems with Caveman diet:

- Costs a lot of money for lean meat and **39** \_\_\_\_\_.
- Too much red meat may be unhealthy.
- Reliance on meat is bad for the **40** \_\_\_\_\_.