

## PART 1

You are going to read a magazine article about salt. Choose from the list (A-I) the sentence which best summarises each part (1-7) of the article. There is one extra sentence which you do not need to use. There is an example at the beginning (0).

- A Necessary for a healthy body.  
 B Its appeal is a mystery.  
 C Many ways to control high blood pressure.  
 D When did we first use it?  
 E The salty British.  
 F Salt became economically important.  
 G Salt intake varies round the world.  
 H Unlikely to cause serious health problems.  
 I Have you left something out?

## PART 2

You are going to read an extract from an article. For questions 8-15, choose the answer (A, B, C or D) which you think fits best according to the text.

Fashion has always been important to the Spanish but until recently they haven't had a home-grown fashion industry and have imported most of their clothing. All that is changing now, however. The Spanish government is busily promoting the clothing and fashion sectors of the textile industry. Their ultimate goal is to make their fashion products so well regarded on the international market because of their quality, that this success will spread to other product areas and export markets.

Spain is starting from scratch when you compare it with fashionable competitors like Italy and France. But there is activity everywhere. The government has set up organisations to support the fashion industry, organising projects such as combined efforts between fashion designers and people in business. The country holds fashion fairs twice a year, the Cibeles in Madrid, and the Gaudi in Barcelona. There is also a children's fair in Valencia which further demonstrates Spaniards' creative progress to international fashion buyers.

The government is trying to create an environment where fashion and textile designers have an opportunity to prosper. Talented companies and designers can succeed in Spain but although there is much creativity, there is a lack of managerial experience. Some people still do not believe enough is being done, and point to Italy where they believe there are far better chances for designers to succeed. One highly regarded Spanish designer is now manufacturing her entire line of clothing in partnership with an Italian company. The problem, as some see it, is that the amount of money being provided by the Spanish government is still not enough. People in the fashion industry know they will not be able to make an impression in foreign countries unless government funding is increased.

Nevertheless, much progress is being made. While the exclusive salons are in the larger cities, studios and boutiques are opening throughout Spain and many Spaniards are already involved in exporting their clothes. Through their own efforts, designers are beginning to open shops in France, Italy and Japan. But most fashion houses are quite small, and they are finding it difficult to create the industrial and financial links needed for growth and expansion.

Many designer products are hard to make, expensive to market and sometimes difficult to sell. But they create a better image for the industry, and you end up with higher quality products in general. One international critic thinks that the relative youth of the Spanish industry could create fresh and lively fashions, well able to compete with the industries in France and Italy.

## Salt

Why we can't seem to do without it.

0

There is something missing - you forgot to put salt in the water for the pasta, potatoes or vegetables, and now your dinner tastes dull and uninteresting. Or you're at a party and you find yourself heading for the peanuts and crisps. Why?

1

As soon as salt hits a certain spot on the side of your tongue, it sends a message to your brain and triggers a savoury sensation. No one is sure why saltiness - along with sweetness, bitterness and sourness - stands out as a "taste experience". It could be because salt is an essential nutrient.

2

Until modern times, salt was essential in another way - as a food preservative. Without salt to preserve supplies of meat and fish, people faced starvation in the hard winter months. Such a vital substance was obviously very valuable. Throughout history, salt has often been controlled by those in power for that reason. In medieval Europe, owning large quantities of salt was a sign of wealth - an early status symbol.

3

Salt acts as a preservative because its sodium ions extract water from living cells. This means that single-celled organisms like bacteria and fungi die in the presence of salt. On the other hand, in larger organisms like humans, this water transfer provides enough fluid in the blood vessels to maintain a healthy blood pressure. Salt's other component, chloride, is essential for making acid in the stomach, which kills any harmful bacteria contained in the food we eat.

4

Salt consumption varies greatly around the world. The Yamamoto Indians in Brazil survive on 0.01 of a gram

a day, while in some parts of northern China the daily diet contains up to 30 grams. So is there a recommended level? The Department of Health says a daily salt intake of about 4 grams (a teaspoon) is enough for the body's needs. As you might expect from something which is so important for our physical well-being, too much salt causes problems.

5

In Britain, salt deficiency is unknown; indeed, most of us eat far too much. Dietary surveys show our average salt consumption is 10 grams a day for men, 7.5 grams for women. Of this amount, about 20 per cent is what we add to food ourselves, either in cooking or at the table. A further 15 per cent occurs naturally in food and the rest comes from food processing. Four thousand years ago Huang Li, the Yellow Emperor, warned: "If too much salt is used in food, the pulse hardens." What he was talking about is what we now call high blood pressure or hypertension.

6

However, the traditional connection between eating a lot of salt and hypertension is actually rather weak. Although studies show that an extra 6 grams of salt a day will certainly increase the pressure of blood pumped out of the heart, it would still not give a healthy person hypertension.

7

And for those people who do suffer from high blood pressure, cutting down on salt is not necessarily the most efficient way of treating the condition. Drug treatment works, as do losing weight, giving up smoking, and cutting down on alcohol. Rather than worrying about the salt you sprinkle on your fish and chips, try relaxation, meditation and exercise - super ways to a healthier body.

8 What is the Spanish government ultimately trying to achieve?

- A all Spanish products being considered of high quality  
 B an increase in imported clothing  
 C an increase in clothing sales  
 D a change in the manufacturing ability of the textile industry

9 Who is ahead of them in terms of fashion design?

- A the Spanish government  
 B support organisations  
 C the French and Italians  
 D business people everywhere

10 What are the Spanish doing to show their advances in fashion?

- A holding regular fashion exhibitions and shows  
 B sending designers to work abroad  
 C sending buyers abroad to buy designer clothes  
 D teaching business people how to design

11 What is lacking in the Spanish fashion industry?

- A creative talent  
 B textile designers  
 C support from the French and Italian fashion industries  
 D government money

12 What are the people involved in fashion afraid of?

- A the strong competition  
 B not having enough money for the industry to expand abroad  
 C not being able to influence foreigners  
 D not having any good, new fashion designers

13 What have some fashion designers started to do?

- A establish boutiques at home and abroad  
 B open small boutiques in Madrid and Barcelona only  
 C open big shops in Europe and Japan  
 D obtain government support for exporting their clothes

14 Why are a lot of fashion businesses finding it hard to make partnerships?

- A They are too small to find good partners.  
 B Their clothes are too expensive.  
 C There are too few industries wanting to expand.  
 D There are too many fashion stores abroad already.

15 Who does "they" (line 25) refer to?

- A designer clothes  
 B individual fashion design businesses  
 C the Spanish fashion industry as a whole  
 D foreign clothing designers