

EATING EXTREMES

2



Cooks prepare a 2-kilometer-long pizza as part of a world record attempt in Naples, Italy.

WARM UP

Discuss these questions with a partner.

1. Have you ever eaten any unusual food?
2. What's the hottest (spiciest) food you've ever eaten?

- ✓ The Nathan's Famous Hot Dog Eating Contest is held every year on the Fourth of July in New York, United States.



BEFORE YOU READ

- PREVIEWING** A. Look at the photo and read the caption. What kind of competition is it? Where and when does it take place?
- PREDICTING** B. How many hot dogs do you think one person can eat in 10 minutes? Discuss your ideas with a partner. Scan the passage on pages 23–24 to check your ideas.



THE WORLD OF SPEED EATING

A Competitive eating—or speed eating—is **exactly** what its name suggests. Contestants¹ eat as much as they can, usually within a time limit. Eating competitions can involve **various** foods—pizza, pies, ice cream, chili peppers. They can also offer large prizes to the winners.

The Biggest Competition

B The world’s largest competitive eating event is Nathan’s Famous Hot Dog Eating Contest. The event is held every Fourth of July in Brooklyn, New York. According to legend,² this tradition began over a hundred years ago. Four immigrants³ were **arguing** about who loved their new country the most. Finally, they **worked out** a way to decide. They would see who could eat the most of a famous American food—the hot dog. James Mullen, an Irish immigrant, won by eating 13 hot dogs in 12 minutes. Nathan’s Fourth of July **tradition** was born.

1 A **contestant** is someone who takes part in a competition.
2 A **legend** is a traditional story that may or may not be true.
3 An **immigrant** is someone who has left one country to live in another.



Eating Champions

- C The current champion* of the contest is Joey Chestnut. Chestnut—an American—also holds the world **record** for hot dog eating—74 in less than 10 minutes. That’s just over 8 seconds per hot dog. For many years, the Nathan’s Contest champion was Takeru Kobayashi from Japan. He is smaller and lighter than Chestnut, and doesn’t look like an eating champion. However, he holds many world records for eating different types of food.

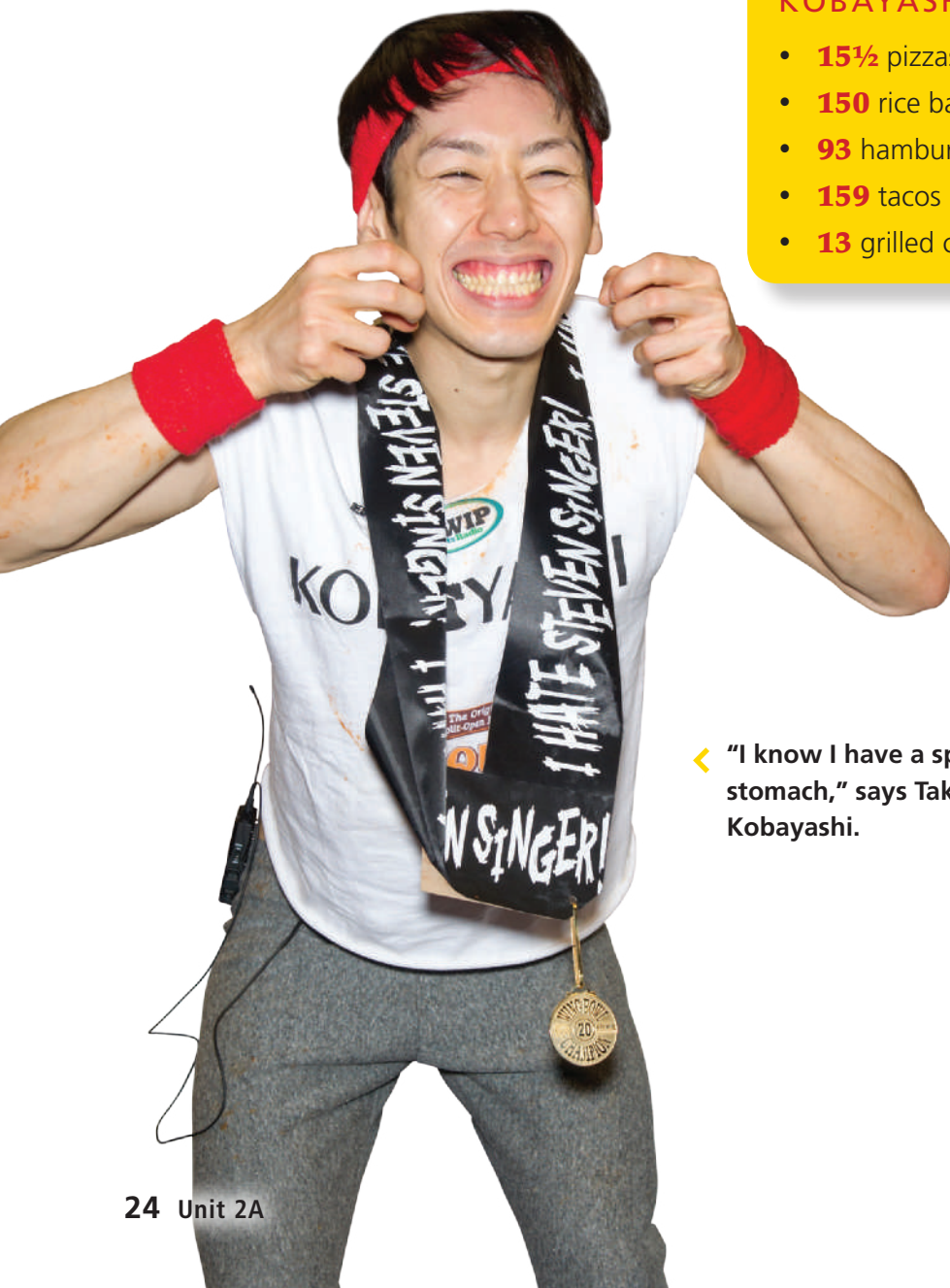
Bad Taste or Just Sport?

- D Not everybody thinks competitive eating is a good thing. It can be **unhealthy** for the contestants, and many people in the world are going hungry. Kobayashi first won the event in 2001 when he was 23 years old. So are eating competitions in bad taste? For competitive eaters, it’s a sport like any other. As Kobayashi says, “Food fighters ... think of themselves as **athletes**.”

* as of 2018

KOBAYASHI’S WORLD RECORDS

- **15½** pizzas in **12** minutes
- **150** rice balls in **30** minutes
- **93** hamburgers in **8** minutes
- **159** tacos in **10** minutes
- **13** grilled cheese sandwiches in **1** minute



◀ “I know I have a special stomach,” says Takeru Kobayashi.

A. Choose the best answer for each question.

GIST

1. What is the reading mainly about?
- the history of hot dogs in the United States
 - the career of a famous competitive eater
 - eating competitions and the people who take part

PURPOSE

2. What is the purpose of paragraph B?
- to give details about a famous competitive eating event
 - to explain how competitive eaters can eat so quickly
 - to describe the dangers of competitive eating

DETAIL

3. What is NOT true about Joey Chestnut?
- He is smaller than Takeru Kobayashi.
 - He has won Nathan’s Famous Hot Dog Eating Contest.
 - He broke the world record for hot dog eating.

PARAPHRASING

4. In paragraph D, which word could replace *in bad taste*?
- wrong
 - dangerous
 - exciting

INFERENCE

5. Which of the following would Takeru Kobayashi most likely say?
- “Competitive eating is just a fun hobby for me. Winning isn’t important.”
 - “I see competitive eating as a sport, and I always try my best.”
 - “Eating so much food is unhealthy. Eating competitions should be stopped.”



▲ **Joey Chestnut is one of the world’s most successful speed eaters.**

SCANNING

Review this reading skill in Unit 1A

B. Scan the passage for the names in the box. Match each person (a–c) with the sentence that describes them. Each person may be used more than once.

- | | | |
|-----------------|------------------|---------------------|
| a. James Mullen | b. Joey Chestnut | c. Takeru Kobayashi |
|-----------------|------------------|---------------------|

- _____ helped start the tradition of hot dog eating contests.
- _____ won the 2018 Nathan’s Famous Hot Dog Eating Contest.
- _____ was born in Ireland.
- _____ holds a record for eating hamburgers.

Identifying the Parts of a Passage

A reading passage can have several parts. Look at every part to get a complete understanding of the passage. This is very useful when previewing a passage or predicting what it contains.

The **title** is a kind of **heading**. It tells you what the whole text is about.

Photos and **illustrations** show information visually.

Subheadings above **paragraphs** tell you what they are about.

Footnotes give definitions of difficult vocabulary.

THE FLOWER TRADE

The Cut Flower Leader

When you purchase fresh-cut flowers, do you think about where they came from? You might **assume** they were grown somewhere nearby. The reality, though, is that the cut flower trade is increasingly international. Today, thanks to airplanes and high-tech cooling systems, even the most delicate flowers can be **exported** and sold in a florist thousands of kilometers from where it was grown.

The Cut Flower Leader

The Netherlands has **dominated** the world cut flower trade since the 1970s. It **handles** about 90 percent of the world's cut flowers. And its auction houses¹ are very large indeed—Aalsmeer, near Amsterdam, is an auction house in the sense that Tokyo is a city. About 120 soccer fields would fill its main building. Twenty million flowers are sold here on an average day, including roses, lilies, and—of course—tulips.

The Netherlands is also a world leader in developing new flower varieties. Dutch companies and the government **invest** a **considerable** amount of money in flower research. Their scientists look for ways to lengthen a flower's vase life² to strengthen flowers to **prevent** them from being damaged while traveling, and also to strengthen the flowers' natural fragrance.

1 Something **delicate** is easy to damage and needs to be treated carefully.
2 **Vase life** means the amount of time a cut flower remains in good condition.

Aalsmeer, the heart of the global flower trade, processes 20 million flowers every day.

Unit 2A 101

The Benefits of Climate

Despite the Netherlands' dominance of the flower market, there are many places with a better climate for growing flowers. The climate of Ecuador, for example, is almost perfect. Mauricio Dávalos is the man responsible for starting Ecuador's flower industry, which has grown quickly over recent years. "Our biggest edge is nature," he **claims**. "Our roses are the best in the world." With **predictable** rainy periods and 12 hours of sunlight each day, Ecuador's roses are known for their large heads and long, straight stems. Every year, Ecuador sells about 500 million flowers to the United States alone. The **industry** has brought employment opportunities and a stronger economy to regions of the country. "My family has TV now. There are radios," says Valanda Quishpe, 20, who picked roses for four years.

To others, the increasingly international nature of the flower trade is very bad news. In recent years, local growers in the United States faced huge competition from international flower companies; many have even lost their businesses. Lisa Hale, an independent rose grower in California, said her father predicted the situation in the 1980s: "I see a freight train coming down the tracks," he warned her, "and it's coming straight towards us." Her father's prediction—sadly—has largely come true. In a globalized world, what happens in one place often has far-reaching effects.

At Aalsmeer, delicate orchid plants are prepared for auction.

Unit 2A 102

FROM COLOMBIA TO THE UNITED STATES

How a rose travels from mountain to vase in just three days

Tuesday, 7 A.M.
Roses are cut in the cool mountain air of Colombia and moved quickly to indoor cooling houses.

Tuesday, 1 P.M.
Workers categorize the roses based on size, stem length, shape, and color.

Wednesday, 6 A.M.
Roses are boxed and sent to Bogotá Airport for the 3.5-hour flight to Miami.

Wednesday, 8 P.M.
Roses are checked by officials, and then transported by truck, train, or plane.

Thursday, 4 P.M.
Roses arrive at large markets in major U.S. cities, where they are purchased by flower sellers.

Unit 2A 103

Maps show you where in the world a place is.

Captions explain the pictures.

Sidebars give additional information about the topic.

IDENTIFYING A. Look back at Reading A. Which parts of a passage are used there? Check (✓) the parts you can find.

- | | | | |
|--|------------------------------------|--------------------------------------|------------------------------------|
| <input type="checkbox"/> a title | <input type="checkbox"/> photos | <input type="checkbox"/> subheadings | <input type="checkbox"/> a map |
| <input type="checkbox"/> illustrations | <input type="checkbox"/> a sidebar | <input type="checkbox"/> captions | <input type="checkbox"/> footnotes |

SCANNING B. Look back at the reading again. Answer the questions below.

- What is the title of the reading? _____
- How many paragraphs are there in the main text? _____
- Does every photo have a caption? _____
- How many footnotes are there? _____
- Whose records are in the sidebar? _____

CRITICAL THINKING Justifying Opinions

Discuss with a partner. The author asks if some eating contests are "in bad taste." What do you think? Would you ever enter one?

VOCABULARY PRACTICE

DEFINITIONS A. Complete the information. Circle the correct options.

1. An example of an **athlete** is a *singer / soccer player*.
2. People sometimes **argue** when they *agree / disagree* about something.
3. When you **work out** something, you *find the answer / tell a story*.
4. If something is **unhealthy**, it is *bad / good* for you.

COMPLETION B. Complete the information using the words in the box. Two words are extra.

argue athlete exactly records tradition various

Every year, the small Czech town of Vizovice holds a festival to celebrate the plums grown in the area. The festival has a long ¹ _____, recently celebrating its 50th year. One of its most popular events is a plum dumpling eating contest.

In 2017, American Patrick Bertoletti won the contest. He ate ² _____ 198 dumplings in one hour. Bertoletti has held ³ _____ other world ⁴ _____ in speed eating. He won the 2015 Wing Bowl when he ate an amazing 444 chicken wings in just 26 minutes.



▲ Patrick Bertoletti shows off his Wing Bowl championship ring after winning the 2015 event.

COLLOCATIONS C. The prepositions in the box can be used with the verb **argue**. Complete the sentences using the correct prepositions.

about for with

1. The people in the eating contest argued _____ the rules.
2. The customer argued _____ the server because his food came out cold.
3. The kitchen workers argued _____ more money because they make very little.

HOT



Carolina Reaper
1.5–2 million SHU



Trinidad Moruga Scorpion
1,463,700 SHU



Naga Jolokia 1,041,427 SHU



Dorset Naga 923,000 SHU



Tabasco 190,542 SHU

Thai Chili 60,000 SHU



Jalapeño 5,500 SHU

MILD Sweet Bell Pepper 0 SHU



^ Scientists use Scoville heat units (SHU) to rate a chili pepper's "heat" level.

BEFORE YOU READ

TRUE OR FALSE A. Look at the information above. Is each sentence below true or false? Circle T (true) or F (false).

- | | | |
|---|---|---|
| 1. The Trinidad Moruga Scorpion is hotter than the Dorset Naga. | T | F |
| 2. A chili pepper that measures 5,000 SHU is very hot. | T | F |
| 3. Tabasco peppers are hotter than jalapeños. | T | F |
| 4. Sweet bell peppers have a very high SHU level. | T | F |

SCANNING

Review this reading skill in Unit 1A

- B. In Assam, India, a woman named Anandita Dutta Tamuly likes to eat very hot chilies. Quickly scan the passage on the next page. Which of the chilies above is she famous for eating?

THE HOTTEST CHILIES

- A You may have experienced the feeling. Your mouth feels like it's on fire. Your eyes start to water. You just ate one of nature's hottest foods—the chili pepper!
- B Chili peppers, also called chilies, are found in **dishes** around the world. They are in dishes like Indian curries, Thai tom yum soup, and Mexican enchiladas. Chilies come from the capsicum **plant**. They are “hot” because they **contain** something called *capsaicin*.
- C Capsaicin is very good for your **health**. It helps you **breathe** better, and it may even help keep you **fit**. Capsaicin makes you feel less **hungry**. It also makes your body burn more calories.¹
- D We can measure the heat of chilies in units called Scoville heat units (SHU). The world's hottest chili is the Carolina Reaper. It sometimes measures up to 2 million SHU!
- E Eating a hot chili can be **painful**, but some people love to eat them. Anandita Dutta Tamuly, a woman from Assam, India, became famous for eating chilies. She ate 51 hot peppers in just two minutes! The peppers were Naga Jolokia (“ghost peppers”). They grow in Assam and are the third-hottest chilies in the world.
- F “I found eating chilies was a great way to stay healthy,” says Tamuly. She began eating chilies when she was a child. She eats chilies when she is sick, too. “Every time I have a cold or flu, I just eat some chilies and I feel better. To be honest, I barely notice them now.”

¹ **Calories** are units used to measure the energy value of food.



^ Anandita Dutta Tamuly eats a tray full of Naga Jolokia, or “ghost peppers.”

A. Choose the best answer for each question.

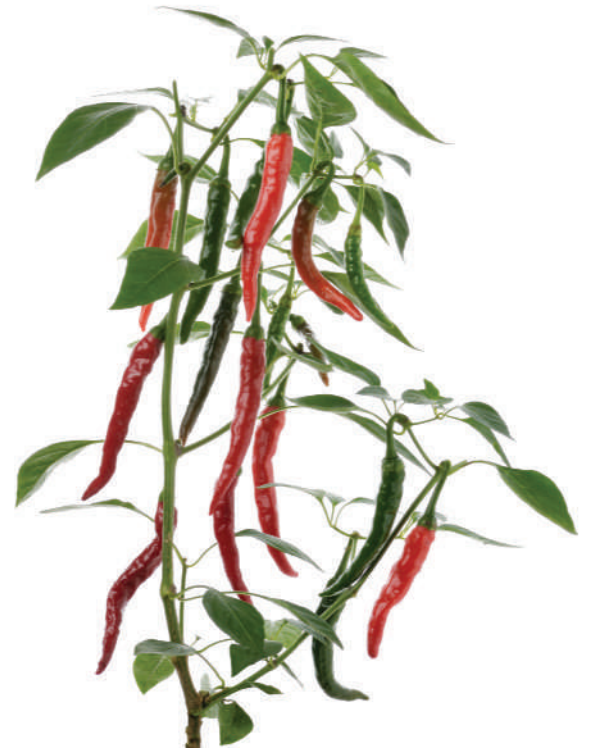
- GIST** 1. What is the reading mainly about?
- how to eat very hot chili peppers
 - facts about hot chili peppers
 - ideas for cooking using chili peppers

- PURPOSE** 2. What is the purpose of paragraph C?
- to explain why eating chilies is painful
 - to show the effect of chilies on the mind
 - to explain how chilies are good for you

- DETAIL** 3. How is capsaicin good for your health?
- It helps you breathe better.
 - It makes you feel happier.
 - It makes you feel hungrier.

- DETAIL** 4. Which of the following is NOT true about Anandita Dutta Tamuly?
- She is famous for eating Carolina Reaper chilies.
 - She often eats chilies when she feels sick.
 - She started eating chilies when she was a child.

- PARAPHRASING** 5. In paragraph F, the phrase *I barely notice them* can be replaced with _____
- I usually don't eat hot chilies anymore.
 - I feel the heat of the chilies even more.
 - I almost don't feel the heat of the chilies.



▲ Many types of chilies turn from green to red as they grow.

MATCHING B. Look back at the information in Reading B. Match each pepper (a–d) with the correct description.

- | | | | |
|----------------------|-----------------|------------|--------------------|
| a. Sweet Bell Pepper | b. Naga Jolokia | c. Tabasco | d. Carolina Reaper |
|----------------------|-----------------|------------|--------------------|

- _____ is the hottest chili in the world.
- _____ is around 3 times the SHU of Thai Chili.
- _____ is not as hot as jalapeño.
- _____ is also known as “ghost pepper.”

Pronoun Reference

Pronouns are words such as *he, she, it, they,* and *them,* and usually refer to a noun earlier in a passage. To understand a passage, it is important to know what each pronoun refers to.

*Sara bought chilies. **She** put **them** in my favorite curry. **It** was too hot to eat!*

- REFERENCE A.** In each sentence, draw an arrow from the pronoun in **bold** to the word it refers to, as in the examples above.
1. The jalapeño is a popular chili from Mexico. **It** takes its name from Jalapa, in Veracruz.
 2. My brother and sister asked my mother not to put chilies in the food **she** made.
 3. Chilies have been eaten in the Americas for thousands of years. Nowadays, **they** are popular all around the world.
 4. Indians put chili peppers in many of their dishes. They often add **them** to curries.



- REFERENCE B.** Look back at Reading B. Find the following sentences in the passage. Write the word each pronoun in **bold** refers to.

1. Your mouth feels like **it's** on fire. (paragraph A) it = _____
2. **It** helps you breathe better. (paragraph C) It = _____
3. She began eating chilies when **she** was a child. (paragraph F) she = _____
4. To be honest, I barely notice **them** now. (paragraph F) them = _____

^ People in the Americas were eating chilies as early as 7500 B.C.

CRITICAL THINKING Applying Ideas

- ▶ Work with a partner. Think of four famous spicy foods. List them below.

- ▶ Now rank the foods in your list from 1–4 (1 = the hottest).

COMPLETION A. Complete the information using the words in the box.

contains dishes health painful plants

They may not look tasty, but some types of cactus ¹_____ can be eaten and are very good for your ²_____. In Mexico, *nopalitos*—young stems of the cactus—have been eaten for hundreds of years.

Eating cactus has recently become more popular outside of Mexico. There are many tasty ³_____ that use cactus stems. Here is one way to cook them.

- Clean and cut up the stems. Don't cut yourself on the sharp parts of the plant! That can be ⁴_____.
- Next, heat some oil in a pan and add the cactus. Then add some salt and cover the pan.
- The cactus ⁵_____ a strange liquid. Cook the cactus until all the liquid comes out and dries up. Then enjoy!



^ A man cuts and cleans cactus stems in a Mexican market.

DEFINITIONS B. Match each word in **red** with its definition.

- | | | |
|-------------------|---|--|
| 1. plant | • | • a. healthy and strong |
| 2. hungry | • | • b. needing food |
| 3. breathe | • | • c. a living thing that usually grows in the ground |
| 4. fit | • | • d. to take air in and out |

COLLOCATIONS C. The words in the box are often used with the adjective **painful**. Complete the sentences using the correct words.

cut lesson memory

1. Looking at the old photo brought back a painful _____.
2. The chef's knife slipped, so he got a painful _____ on his hand.
3. Failing my first exam was a painful _____. I'll study harder for the next one.

SCIENCE OF TASTE



^ A tea buyer tastes a selection of teas.

BEFORE YOU WATCH

PREVIEWING A. Read the information. The words in **bold** appear in the video. Match each word with the type of food it describes.

- | | |
|--------------------|---------------------|
| 1. sweet • | • a. potato chips |
| 2. salty • | • b. candy |
| 3. sour • | • c. dark chocolate |
| 4. bitter • | • d. lime |

PREVIEWING B. Work with a partner. List three more foods for each category in activity A.

WHILE YOU WATCH

GIST A. Watch the video. What senses do we use when we taste food? Note your answers below.

DETAILS B. Watch the video again. Complete the sentences with the words and phrases (a–d) in the box. Each option can be used more than once.

a. more bitter b. saltier c. more sour d. sweeter

1. Red food tastes ____.
2. Green food tastes ____.
3. Black food tastes ____.
4. White food tastes ____.
5. Food on a round plate tastes ____.
6. Food on a square plate tastes ____.

CRITICAL THINKING Applying Ideas

Imagine you are the owner of a restaurant. You want to serve healthier food, but you still want it to taste good. What ideas from the video might help you do this? Note your ideas below. Then discuss with a partner.

VOCABULARY REVIEW

Do you remember the meanings of these words? Check (✓) the ones you know. Look back at the unit and review any words you're not sure of.

Reading A

- | | | | |
|-------------------------------------|------------------------------------|----------------------------------|-----------------------------------|
| <input type="checkbox"/> argue | <input type="checkbox"/> athlete | <input type="checkbox"/> exactly | <input type="checkbox"/> record |
| <input type="checkbox"/> tradition* | <input type="checkbox"/> unhealthy | <input type="checkbox"/> various | <input type="checkbox"/> work out |

Reading B

- | | | | |
|----------------------------------|----------------------------------|----------------------------------|--------------------------------|
| <input type="checkbox"/> breathe | <input type="checkbox"/> contain | <input type="checkbox"/> dish | <input type="checkbox"/> fit |
| <input type="checkbox"/> health | <input type="checkbox"/> hungry | <input type="checkbox"/> painful | <input type="checkbox"/> plant |

* Academic Word List