The Freshness Premium

C1 Advanced · Food · about 2 min of audio

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Name _____ Date _____

Part 1 — Fill the gaps while you listen

1. Fresh food is not _____ fresher, because the word often describes a journey rather than a condition.
2. A tray of peas frozen soon after harvest can retain more _____ than pods that spend days in transit.
3. Once picked, their sugars begin turning into starch, a quiet change that _____ slows but does not reverse.
4. At a market stall, glossy leaves may signal careful _____, yet they reveal little about the hours since harvest.
5. A crate can travel _____ in a chilled truck and still arrive less vibrant than produce frozen near the field.
6. Freezing is no universal _____, since delicate berries can soften and salad greens lose the crispness their name promises.
7. The useful question is not which label sounds purer, but what the _____ must do in the pan.
8. For soup, frozen peas offer _____ color and sweetness, while recently picked leaves matter more in a raw salad.
9. Insisting on fresh at any cost can turn a sensible _____ into waste, especially when plans change before dinner.
10. Freshness, then, is less a category than a _____ between harvest, storage, and the meal we intend.

Part 2 — Write every sentence you hear

1. _____

_____

2. _____

_____

3.

4.

5.

6.

7.

8.

9.

10.

Answer key

Part 1 — the missing words

1. automatically 2. sweetness 3. refrigeration 4. handling 5. overnight 6. improvement 7. ingredient 8. dependable 9. preference 10. relationship

Part 2 — the full transcript

1. Fresh food is not automatically fresher, because the word often describes a journey rather than a condition.
2. A tray of peas frozen soon after harvest can retain more sweetness than pods that spend days in transit.
3. Once picked, their sugars begin turning into starch, a quiet change that refrigeration slows but does not reverse.
4. At a market stall, glossy leaves may signal careful handling, yet they reveal little about the hours since harvest.
5. A crate can travel overnight in a chilled truck and still arrive less vibrant than produce frozen near the field.
6. Freezing is no universal improvement, since delicate berries can soften and salad greens lose the crispness their name promises.
7. The useful question is not which label sounds purer, but what the ingredient must do in the pan.
8. For soup, frozen peas offer dependable color and sweetness, while recently picked leaves matter more in a raw salad.
9. Insisting on fresh at any cost can turn a sensible preference into waste, especially when plans change before dinner.
10. Freshness, then, is less a category than a relationship between harvest, storage, and the meal we intend.

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