

Read the text below and decide which answer (A, B, C or D) best fits each gap 1-12. There is an example at the beginning (0).

The 15th-century English diet

Many of the (0) B 15th-century foodstuffs were produced by the household in its gardens, kitchens, bakehouse and brewery, or were purchased locally. Imported food and drink, on the other (1) _____, like wine and dates, sugar, pepper, cloves, maces, ginger, cinnamon, almonds and rice, or figs and raisins, were expensive (2) _____. They provided the necessary flavourings for the gentleman's table – almonds, in particular, were heavily used in the concoctions described in (3) _____ books and in accounts of great banquets. One of the simpler recipes is for 'doucettes', where almond-milk is mixed with eggs, saffron, salt and honey and (4) _____ in a thin crust with marrow-bones. Oranges, lemons and dried fruits were seen as much healthier eating than the raw fruit seasonally

available in England: "Beware of salads, green foods and raw fruits" was a typical (5) _____. Wine was traditionally shipped from Bordeaux, but sweet wines of the Mediterranean were particularly prized. Even in a gentleman's household, however, far more was spent each year on bread, ale, meat and fish (6) _____ on imported delicacies. A typical banquet at the feast for a country gentleman or small landowner is suggested in a 15th-century (7) _____. This began with grapes and cherries, and was followed by several courses, each containing many dishes: the first course included brawn and mustard, bacon and peas, stewed beef, boiled chicken, roast pork, goose or game, baked meats and custard; (8) _____ came a 'sotelte' (an elaborate design, mainly in sugar) of the Annunciation; two more courses followed, and the

feast ended with fritters, apples, pears, spiced cakes, jellies, wafers and cheese. About a gallon of ale, 'a natural drink for an Englishman', was consumed by (9) _____ household every day. Only the poorest would go without meat (and fish in Lent) although the lower classes would (10) _____ more on salted meat and herrings, with peas and beans, for their pottages. For most, then, the diet consisted largely of meat and grain products; vegetables, except onions, were not widely eaten. As a result skin (11) _____ were very common and, considering the state of medieval sanitation and kitchen hygiene, (12) _____ undoubtedly was food-poisoning.

(abridged from *Illustrated Letters of the Paston Family*, edited by Roger Virgoe, 1989)

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|----|------------|--------------|--------------|----------------|
| 0 | A basic | B staple | C standard | D regular |
| 1 | A side | B way | C matter | D hand |
| 2 | A luxuries | B delicacies | C spices | D ingredients |
| 3 | A kitchen | B cooking | C recipe | D prescription |
| 4 | A lain | B laid | C laying | D lied |
| 5 | A saying | B statement | C suggestion | D warning |
| 6 | A than | B that | C as | D or |
| 7 | A diary | B treatise | C report | D essay |
| 8 | A soon | B later | C next | D lastly |
| 9 | A one | B a | C each | D every |
| 10 | A rely | B depend | C spend | D get |
| 11 | A sickness | B illness | C injuries | D diseases |
| 12 | A as | B so | C thus | D like |

KEYS

1 D - 2 A - 3 C - 4 B - 5 D - 6 A - 7 B - 8 C - 9 D - 10 A - 11 D - 12 B