ACADEMIC READING

READING PASSAGE 1

*You should spend about 20 minutes on **Questions 1–13**, which are based on Reading Passage 1 below.*

Where shall we go and eat?

We take restaurants so much for granted these days that it's hard to imagine a world without them. Yet of course that was the case many years ago. When our hunter-gatherer ancestors went out to kill their evening meal, to take home for cooking over the fire, they weren't able to go into the nearest restaurant, where the killing and cooking had already been done for them.

One common type of food outlet nowadays is the takeaway, where the customer chooses dishes from a range of options – a menu – and takes them away to eat. Another is a café or restaurant where each group of guests sit at a table, usually one that they have to themselves, choose from the menu and eat on the premises. But how did such facilities come about?

Possibly the earliest fast-food restaurants were the *thermopolia* in ancient Roman towns. In the town of Pompeii – destroyed by an eruption of Mount Vesuvius in AD 79 – over 150 of these buildings have been identified. They were small shops opening onto the street, with a counter at the front that had large storage vessels built into it. Hot and cold food and drinks were sold, such as hot

sausages, bread, cheese, nuts, dates and wine. The *thermopolia* were in busy public areas, and residents of the town bought a takeaway during their working day or in the evening, particularly if, as was common, they had no cooking facilities of their own.

Some *thermopolia* also had back rooms where customers could sit down to eat. In some cases rooms were hired for private dinners, perhaps when the host's own home was too small for guests. In many cultures nowadays, it is still common to take friends to a restaurant for dinner, rather than cook for them at home. In Pompeii, archaeologists investigating one particular *thermopolium* discovered over a thousand coins – thought to be the day's takings.

Establishments for eating are known to have existed in China from the eleventh century, in the cities of Kaifeng and Hangzhou. These were sizeable towns – Hangzhou may have had a population of over a million, and is thought to have been the largest city in the world in 1180. It had tea houses and taverns that mostly provided refreshments for travellers from other parts of the country, and restaurants with waiter service catering

for both travellers and local people. The latter were mainly patronised by the wealthy. They varied in terms of the type of food they offered and the price range. Some had menus, at least for a first course.

In England, taverns serving food were established as early as the eighth century, and cookshops were common in London and other cities by the twelfth century. One London cookshop was praised by a contemporary because not only was it convenient for visitors to the city, but also for local people with unexpected visitors: they could use the cookshop as a takeaway. In the sixteenth century, inns and taverns started to offer a meal each day at a fixed time and price, usually with a special dish. Guests would all sit at the same table and help themselves to whatever was served – there was no question of ordering food. This meal was called the ordinary, and in time both inn dining rooms and other eating places came to be called ordinaries. For the poor without their own cooking facilities, cookshops offered stale bread, cheese and sometimes meat, while street vendors sold cheap snacks.

Luxury eating houses began to develop in the seventeenth century as London's population grew dramatically, providing plenty of customers for the numerous eateries. At many, particularly inns and taverns, customers could take their own ingredients and have them cooked. However, the restaurant in a more recognisably modern form dates from the eighteenth century, and developed in France. Before the upheaval of the French Revolution that began in 1789, restaurants sold food to people who were not well: the meat-based food was intended to 'restore' the person's strength. The French word for 'to restore' is 'restaurer', giving rise to the word 'restaurant'.

One of the earliest French restaurants was founded by Antoine Beauvilliers in Paris in 1782. He served food at small individual tables during specified periods, and listed the dishes available on a menu. His restaurant was described as combining the four essential elements of dining: an elegant room, smart waiters, a good wine selection and excellent cooking.

After the French Revolution, the modern restaurant industry developed rapidly, catering for both local people and travellers. One reason was the relaxation of pre-Revolutionary laws granting monopolies to certain trades, such as pastry makers and butchers. Another was the emergence of middle-class customers with an inclination to dine out. Thirdly, with the destruction of the aristocracy during the Revolution, many of the chefs and cooks they had employed lost their jobs, and some set up restaurants.

Other reasons for this development included the popularity of English fashions, one of which was eating in taverns; and the large number of deputies to parliament coming from the provinces and not having a home of their own in Paris. By 1804 there were 500 restaurants in the city, and before long, restaurants had become commonplace in many countries.

Questions 1–4

Complete the notes below.

*Choose **ONE WORD ONLY** from the text for each answer.*

Write your answers in boxes 1–4 on your answer sheet.

Thermopolia in Pompeii

- Shopfront had a **1** ...., where food was served from containers
- Situated in public areas, and mostly had **2** .... as customers
- Many **3** .... have been found in one thermopolium

China

- Tea houses and taverns were mostly used by **4** ....

Questions 5–7

Answer the questions below.

*Choose **NO MORE THAN TWO WORDS** from the text for each answer.*

Write your answers in boxes 5–7 on your answer sheet.

London

5 What name was given to a meal that customers of an inn or tavern shared?

6 What could be bought in the street?

7 What was increasing in seventeenth-century London that benefited eating houses?

Questions 8–13

Do the following statements agree with the information given in Reading Passage 1?

In boxes 8–13 on your answer sheet, write

TRUE	*if the statement agrees with the information*
FALSE	*if the statement contradicts the information*
NOT GIVEN	*if there is no information on this*

Restaurants in France

8 Pre-revolutionary restaurants worked in the same way as London eating houses.

9 Meals in Beauvilliers's restaurant were available at fixed times of day.

10 Beauvilliers's restaurant was generally considered the best in Paris.

11 The first monopolies over food were introduced after the Revolution.

12 The chefs in some restaurants had previously worked for aristocrats.

13 Deputies coming to parliament expected to be able to eat food from their home region.