

## A Fat Man Walking

**Steve Vaught has caught the attention of thousands of people in the United States in his attempt to dramatically change his life. Steve himself seems surprised by all the attention he's been getting. He says that he is just an ordinary guy, trying to take control of his life and figure out where it went wrong.**

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On 10th April 2005, Steve Vaught took the first step of a walk which would transform his life, and possibly those of many others. Steve began a walk across the whole of the USA, from his home in California on the west coast to New York in the east. At first, it began as a personal challenge, but gradually it turned Steve into a celebrity.

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What made Steve start his amazing walk? Steve, who was once a marine in the US army, was involved in a car accident which left him feeling very depressed. The only way he could find comfort was by eating. He eventually weighed 190 kgs and reached the stage where he couldn't even walk in the supermarket without losing his breath. Realising that he had to do something to improve his health he had the idea of walking from coast to coast.

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Initially, his aim was simply to lose weight, but with time it became a journey of self-discovery. "But the more I have gone on, the weight loss has become secondary, and the more I have seen the value in the journey," said Steve. Some of the things he saw really shocked him. One thing he became aware of was the importance of fast food in the lives of ordinary people in the United States. In one place, on a 7-km stretch of road, he counted 21 fast-food restaurants.

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When Steve finished his journey 13 months and 4,800 kms later, he was a different person. He had signed a book deal, been interviewed by Oprah Winfrey and had received 80,000 e-mails from ordinary people who had followed his progress, many of them on his website. Looking at his achievements and his present lifestyle, Steve says, "Most people see themselves in what I am doing," adding that people hope to use his example to get over problems they face, "whether it is overeating, smoking or just finding a way to live a better life".

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**1.- Say whether the following sentences are TRUE or FALSE according to the text. Copy the evidence from the text. No marks will be given without the evidence. (1.5 points)**

- a) He started to walk around the USA because he was not happy with his life.
- b) Losing weight was his only aim during all the time he was travelling.
- c) He believes his experience may help other people to solve their problems.

**2.- Choose ONLY THREE of the following words and write a synonym (=), an opposite (≠), a definition or a sentence (only one of these four) to show that you understand their meaning in the text. Use your own words. (1.5 points)**

- a) – attempt (line 2)
- b) – dramatically (line 2)
- c) – figure out (line 4)
- d) – challenge (line 9)
- e) – amazing (line 11)
- f) – achievements (line 26)

**3.- Read this conversation between two people. Complete their conversation. Write the numbers (1-7) and each complete sentence on your exam paper. (2 points)**

Isabel goes to a restaurant. The waiter gives her the menu so that she can have a look at it, and after about 10 minutes the waiter comes back.

**Waiter:** Hello, Madam, can I take your order, please?

**Isabel:** Sorry, (1) \_\_\_\_\_ yet.  
(2) What \_\_\_\_\_ ?

**Waiter:** The fillet steak is delicious. You can have with salad or French fries.

**Isabel:** Ummm! (3) \_\_\_\_\_ so I think I'll take it with salad, please. Is it spicy?

**Waiter:** No, (4) \_\_\_\_\_ but you can add some chilly if you prefer.  
(5) \_\_\_\_\_ ?

**Isabel:** Yes, I'll have a diet coke, please. But no ice, I think I am going to catch a cold And I don't want to be ill because my friend is taking me out for dinner again. I think he is going to ask me to marry him!

**Waiter:** Oh, wonderful! Good luck then!

Half an hour later...

**Waiter:** Have you finished, madam? (6) \_\_\_\_\_ ?

**Isabel:** Yes, you can take them away. Everything was delicious!

**Waiter:** (7) \_\_\_\_\_ ?

**Isabel:** Yes, please. I would like some chocolate mousse and can you bring me the bill too? I'm in a hurry. I have to go back to work!

**4.- Choose only four of the following situations. Write what you would say in or about each one. (2 points)**

1.- Your friend says: " Do you want to come to the cinema with me this weekend?"

2.- Your mother says: "I think I need to lose weight".

3.- Your father says: "I don't know what to eat"

4.- Your husband/wife says: " I have been a little bit stressed recently"

5.- You phone to a restaurant. What do you say?

6.- The waiter says: " the soup is good but a bit spicy"

**5.- Write a composition of about 100 words on ONE of the following topics. (3 points)**

a) Healthy habits make our life better. Do you agree?

b) School canteens should serve only healthy food. Do you agree?