

4 READING & VOCABULARY

- a Read the leaflet and match the verbs with their meanings.

We promise to...

increase	teachers' salaries
reduce	unemployment
promote	national products abroad
encourage	people to do more sport
protect	wildlife
ban	smoking in streets and parks

- _____ influence somebody in a positive way, e.g. *I ... my children to do sport.*
- _____ to make something bigger, e.g. *The boss is going to ... my salary.*
- _____ to say something is not allowed, often by law, e.g. *We want to ... smoking everywhere.*
- _____ to help something to happen or develop, e.g. *The meeting helped to ... better relations.*
- _____ to make something smaller, e.g. ... *the noise, the number of cars.*
- _____ to defend somebody or something, or keep them safe, e.g. *We need to ... these birds as they are becoming extinct.*

- b Read the introduction to the article. What is the 'counter-revolution'?

- c Work in pairs, A and B.

A read **Do you eat 'Slow Food'?** and find out the answers to these questions.

- Who started the Slow Food movement? Why?
- What did he think was wrong with today's world?
- What are the aims of the Slow Food movement?
- How big is the Slow Food movement now?

B read **Would you like to live in a 'Slow City'?** and find out the answers to these questions.

- How did the Slow City movement start?
- What are the aims of the Slow City movement?
- Where has it spread to?
- What do the people of Aylsham in the UK think about living in a Slow City?

- d Cover the article. A tell B about the Slow Food movement. B tell A about the Slow City movement.

- e Do you think these movements are a good idea?

Slow down, you move too fast

The clock rules our lives. The more we try to save time, the less time we seem to have. In every area of our lives we are doing things faster. And many of us live in towns and cities which are getting noisier and more stressful as each day passes.

But now a worldwide movement, whose aim is to slow life down, has started a counter-revolution. Its supporters are people who believe that a happier and healthier way of life is possible...

Do you eat 'Slow Food'?

The Slow Food movement was founded the day that an Italian journalist, Carlo Petrini, saw that McDonald's had opened a restaurant in Piazza di Spagna, the beautiful square in Rome. He thought it was tragic that many people today live too quickly to sit down for a proper meal and only eat mass-produced fast food. He decided that he had to try to do something about it and so he started the Slow Food movement. Although he didn't succeed in banning McDonald's from Piazza di Spagna, Slow Food has become a global organization and now has more than 80,000 members in 100 countries.

'We believe,' says Fiona Richmond of Slow Food UK, 'that people should take time to enjoy food.'

Slow Food also encourages people to eat local and regional food, to use local shops and markets, to eat out in small family restaurants, and to cook with traditional recipes. Says Richmond, 'There is nothing more satisfying than relaxing around a lively table in the company of family and friends. The pleasure of eating quality food should be celebrated.'



Would you like to live in a 'Slow City'?

The idea of 'Cittaslow' or 'Slow Cities' was inspired by the Slow Food movement and it was started by the mayor of the small Italian town of Greve in Chianti. The aim of Slow Cities is to make our towns places where people enjoy living and working, and where they value and protect the things that make the town different. Towns which want to become a Slow City have to reduce traffic and noise, increase the number of green areas, plant trees, build pedestrian zones, and promote local businesses and traditions.

Many other small towns in Italy have joined the movement and it has spread to other countries all over the world, from the UK to Japan and Australia. Aylsham in the UK recently became a Slow City, and most people are delighted.

'Slow Cities are about having a community life in the town, so people don't come home from work, shut their doors and that's it,' said a local resident. 'It is not "slow" as in "stupid". It is "slow" as in the opposite of "frantic" and "stressful". It is about quality of life.'

But not everybody in Aylsham is happy. For teenagers, who have to go 25 km to Norwich, the nearest city, to buy trainers or CDs, living in a Slow City is not very attractive. 'It's all right here,' says Lewis Cook, 16. 'But if you want excitement, you have to go to Norwich. We need more things here for young people.'

Adapted from the British press

5 VOCABULARY noun formation

▲ Nouns are often formed: from verbs, by adding *-ment*, *-ion*, *-ation*, and *-al* from adjectives by adding *-ness* or *-ity*

- a Form nouns from the verbs and adjectives below and write them in the chart.

discuss govern happy mad move organize possible propose react relax similar survive

-ment	-ation	-ion
-al	-ness	-ity

- b 5.4 Listen and check. Underline the stressed syllable in each word. Which ending has a stressed syllable?

6 SPEAKING

- a Imagine that your town is thinking of becoming a 'Slow City' and is planning to do the following things:

- Ban all fast food restaurants.
- Promote small family restaurants.
- Ban cars from the city centre.
- Create more pedestrian zones.
- Create more green areas and plant more trees.
- Reduce the speed limit in the town to 30 km/h.
- Use speed bumps and police cameras to control speed.
- Move all big supermarkets outside the city.
- Encourage local shops and ban multinational chain stores.
- Ban loud music in bars and clubs.

Tick (✓) the ones you agree with and cross (✗) the ones you disagree with. Think of reasons.

- b Work in groups. Have a 'meeting' to discuss each proposal and then vote for or against it.

Useful language

I'm for / against (banning...)

I think / I don't think it would be a good idea (to create...)

The problem with (reducing...) is that...

I don't think that would work.

That would really make a difference.

- c Compare with other groups. Which proposals are the most popular?