YOUR NAME: _____ ENGLISH 9 UNIT 7
YOUR CLASS: _____ READING 2

I. Read the text, and identify whether the statements are true (T), or false (F).

Vietnamese food culture varies by regions from the north to the south. In Northern Viet Nam, Vietnamese food is characterized by light and balanced flavours with the combination of many ingredients. Northerners have been using many kinds of meats like pork, beef, and chicken to cook; besides, some kinds of freshwater fish, crustaceans, and other mollusks like shrimps, crabs, and oysters, etc. Many famous dishes of Viet Nam are cooked with these ingredients such as Bun Rieu, Pho, Bun Thang, Bun Cha, Banh Cuon, etc.

Then, food culture in Central and Southern Viet Nam has developed suitable flavors in each region. In Central Viet Nam, the regional cuisine of Central Viet Nam is famous for its spicy food, which differs
from two other parts with mostly non-spicy food. Hue cuisine is typical Central Viet Nam's food culture. Dishes of Hue cuisine are decorative and colorful, which expresses the influence of the Vietnamese royal cuisine in the feudal period. Food in the region is often decorated sophisticatedly and used with chili peppers and shrimp sauces, manely, Bun Bo Hue, Banh xeo, or Banh beo, etc.

In Southern Viet Nam, the region is characterized by warm weather and fertile soil, which creates favorable conditions for planting a variety of fruit, vegetables and live stock. Thus, food in the region is often added with garlic, shallots and fresh herbs. Particularly, Southerners are favored of sugar; they add sugar in most dishes. Here, there is also an influence of western and Asian cuisines on southern food, such as influences from China, India, France, and Thailand.

	T	F
1. Vietnamese food is rich in flavours and ingredients.	X	X
2. Vietnamese food cuisine differs from region to region.	X	X
3. Dishes in the north are often spicy with shrimps, crabs, and oysters.	X	X
4. Hue cuisine reflects the Vietnamese royal cuisine.	X	X
5. Hue dishes used to be decorated sophisticatedly in the feudal period.	X	X
6. We can easily see the Western-style food in Central Viet Nam.	X	X
7. Maybe people from other regions feel that southern dishes are sweet.	X	X
8. Food in Central Viet Nam is used with garlic, shallots and fresh herbs.	X	X

II. Read the passage and choose the correct answer to complete each of the following sentences.

Worst effects of fast food

Fast food can be defined as any food that contributes little or no nutrient value to the diet, but instead provides excess calories and fat. Fast food can a good way to save time, but it is not the (1)……. way for nutrition because it can have negative effects (2)…….. our health.

Obesity

Obesity means having too much body fat. Fast food is high (3) ……._calories and sugar that contribute to increased-weight gain. Even small amount of fast food can (4) …… your

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calorie intake considerably. Fast foods are less (5)..... to eat fruits, vegetables, milk etc. This change in eating habits can easily lead to obesity.

Heart disease

Eating fast food four (6) ..... more times a week can increase the risk of dying from heart disease because of the high (7) .....of saturated or trans fats found in much of the food. Those fats can clog the arteries and, over time, (8) ..... to high cholesterol levels.

Type 2 diabetes

This type of diabetes is often caused by (9)..... lifestyle choices, such as being overweight and not being physically active. There is a side effect to consuming frequent amounts (10) ..... fast food 'obesity' which can lead to the development of diabetes.

1. A. similar	B. proper	C. typical	D. sticky
2. A. on	B. for	C. of	D. to
3. A. for	B. in	C. of	D. to
4. A. decrease	B. rise	C. increase	D. complete
5. A. able	B. likely	C. likable	D. possible
6. A. either	B. but	C. and	D. or
7. A. level	B. number	C. lots	D. portion
8. A. contribute	B. build	C. manage	D. result
9. A. healthy	B. good	C. poor	D. rich
10. A. to	B. of	C. for	D. on

III. Read the passage and decide whether the statements are true (T) or false (F).

Breakfasts around the world

In Russia, breakfast is a big meal. Many people eat black bread or blinis - a kind of pancake. Sausages, fried eggs and cheese are typical accompaniments. Some Russians eat a cereal called kasha. This is usually eaten hot with a soft cheese or sour cream, rather than milk. The most popular drink is very strong black tea.

In China, people eat breakfast very early in the morning. Dishes are different in every region, but the meal is usually similar to lunch or dinner - rice with vegetables or meat, pancakes, soup, and noodles. The Chinese do drink a lot of tea, but the don't usually drink tea with breakfast.

Breakfast isn't a big meal in Greece. Most people start the day with a coffee, which is usually served black, in tiny cups, with or without sugar. They may have something small to eat as well such as fresh fruit and yogurt, or a grilled roll.

More common, however, is the Greek custom of a midmoming kolatsio or snack - often a pastry or bread with meat or cheese.

The Australian breakfast is very similar to breakfast in the U.K - bacon, eggs, toast with butter and jam, cereal with milk, and tea or coffee. There are, however, some very Australian additions, such as toast with Vegemite, a black salty spread, or tropical fruits.

	T	F
1. Some Russian people eat hot cereal with milk.	X	X
2. Chinese people eat similar dishes for breakfast, lunch and dinner.	X	X
3. It is common for Chinese to have tea with breakfast.	X	X
4. People in Greece don't have a light breakfast.	X	X
5. Australian breakfast is similar to that in Britain.	X	X

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