

# UNIT 7 RECIPES AND EATING HABITS

## I. Put the words into the correct columns.

celery, simmer, prawn salad, chop, stew, bake, purée, pork, boil, curry, marinate, stir-fry, pumpkin, sprinkle, grill, sashimi, fry, mushroom, slice, roast, steam, lasagna, peel, fajitas, avocado, Cobb salad, beef noodle soup, beef, mango sticky rice, deep-fry, bacon, spread, steak pie, cabbage, dip, tomato, whisk, garlic, pizza, shallot

Preparing	Cooking	Ingredients	Dishes

## III. Choose the best answers to complete the sentences.

- A \_\_\_\_\_ is the largest or the most important part of a meal consisting of several dishes.  
A. dessert B. starter C. main course D. supper
- This website is a cooking blog with hundreds of healthy and easy \_\_\_\_\_ for the home cook.  
A. menus B. recipes C. ingredients D. table manners
- Do you know how to make a perfect omelette? - Mine is either \_\_\_\_\_ or underdone.  
A. hard-boiled B. undercooked C. tender D. overcooked
- Please help me to wash those tomatoes and cut them into \_\_\_\_\_ if you don't mind.  
A. layers B. strips C. slices D. cubes
- The boiling point of water is 100°C under normal pressure and a hard-boiled egg takes about 7 minutes to \_\_\_\_\_.  
A. steam B. simmer C. stew D. cook
- The cook said no liquids should be \_\_\_\_\_ with meals because they interfered with digestion.  
A. served B. cooked C. prepared D. made
- \_\_\_\_\_ is a Mexican dish of meat and vegetables cut into strips, cooked, and wrapped inside a thin, round bread.  
A. Fajitas B. Cobb salad C. lasagna D. curry
- What do you want me to do with the eggs? - Add a teaspoon of sugar to it and \_\_\_\_\_ the mixture.  
A. purée B. whisk C. smash D. grind
- \_\_\_\_\_ refers to a type of highly seasoned sausage, originally from Italy, usually eaten cold in slices.  
A. Sashimi B. Salami C. Sushi D. Pizza
- Why do you have to \_\_\_\_\_ the soup, Mom? - To prevent the beans from sticking to the bottom.  
A. dip B. drain C. spread D. stir

## II. Fill in each blank with a, an, some or any.

Mr Johansen advised my mother to go on (1) \_\_\_\_\_ diet because she needed to lose (2) \_\_\_\_\_ weight. Everyday, she had to practice her eating strictly.  
For breakfast, she had (3) \_\_\_\_\_ cup of tea and (4) \_\_\_\_\_ orange or (5) \_\_\_\_\_ banana. She could have (6) \_\_\_\_\_ loaf of bread and jam, but she did not have (7) \_\_\_\_\_ butter.  
For lunch, she had (8) \_\_\_\_\_ big salad, (9) \_\_\_\_\_ fish, and (10) \_\_\_\_\_ apple. She did not have (11) \_\_\_\_\_ rice.  
For dinner, she just had (12) \_\_\_\_\_ soup and (13) \_\_\_\_\_ strawberries. She was not allowed to eat (14) \_\_\_\_\_ candy and (15) \_\_\_\_\_ muffins.

## II. Fill in each blank with a phrase from the box.

a stick of a dozen of a clove of a teaspoon of a bar of  
a pinch of a loaf of a head of a bowl of a bunch of

- As Jonathan has a bad cold, he has eaten nothing but \_\_\_\_\_ porridge.
- Have you ever heard people recommend \_\_\_\_\_ garlic a day to prevent illnesses?
- Everyone loves chocolate, but not everyone is aware of the ingredients in \_\_\_\_\_ chocolate.
- I usually send her a greeting card, together with \_\_\_\_\_ flowers at Christmas.
- Emily brewed some tea and found half \_\_\_\_\_ bread, some butter and cheese.
- What will happen if I eat \_\_\_\_\_ honey every day for a year?
- There's nothing in the fridge but \_\_\_\_\_ cabbage and a few eggs.
- There's a big pot on the stove and \_\_\_\_\_ bowls and spoons in the kitchen sink.
- You should add \_\_\_\_\_ salt to the water to prevent eggs from cracking while boiling.
- \_\_\_\_\_ celery is just five calories, which is about the same energy you need to eat it.

## III. Choose the best answer to complete the sentences.

- If you like spicy food, you \_\_\_\_\_ try Thai food and Korean food.  
A. would B. won't C. can D. shouldn't
- You \_\_\_\_\_ feel better if you change how and what you eat in all meals.  
A. may B. can't C. should D. must
- The pasta \_\_\_\_\_ be cooked separately; otherwise, it thickens and ruins the soup.  
A. will B. must C. might D. can
- What foods \_\_\_\_\_ I eat if I have diabetes? - I don't know, but you \_\_\_\_\_ eat sugary food.  
A. may - can B. might - must C. must - can't D. can - mustn't
- If you \_\_\_\_\_ breakfast at 7 am, you \_\_\_\_\_ lunch between 11 am and noon.  
A. should eat - can eat B. could eat - ate C. eat - should eat D. ate - shouldn't eat
- Nutritionists say if someone \_\_\_\_\_ to maintain or lose weight, then they \_\_\_\_\_ eat after 7 p.m.  
A. doesn't want - mightn't B. wants - must  
C. doesn't want - could D. wants - shouldn't
- If you want a truly special dish, you \_\_\_\_\_ make the effort to prepare all of the ingredients.  
A. must B. won't C. mightn't D. shouldn't
- It \_\_\_\_\_ hard to beat the egg white into the consistency needed if there \_\_\_\_\_ some grease in the bowl.  
A. would be - is B. will be - is C. is - may be D. could be - might be
- You \_\_\_\_\_ get a free dish of chilli-marinated crab in this restaurant if you \_\_\_\_\_ on the right day.  
A. must - come B. might - come C. may - came D. should - can come
- If the patients are thirsty, they \_\_\_\_\_ drink plain water, but it \_\_\_\_\_ contain additives.  
A. can - won't B. should - can C. must - should