

**Period 31:**

**RECIPE AND EATING HABITS**

**READING**

Choose the word or phrase among A, B, C or D that best fits the blank space in the following passage.

The survey of eating habits was (1)\_\_\_\_\_ in Ho Chi Minh City by a group of Japanese (2)\_\_\_\_\_ in order to understand the changes of eating environments and habits accompanying with the economic growth after the war in Viet Nam.

The surveys were made in 2002 and 2006. In the survey in 2002, the Vietnamese surely took three meals a day without (3)\_\_\_\_\_ any snacks. They mainly took (4)\_\_\_\_\_ like rice, bread, noodles and some vegetables. But the (5)\_\_\_\_\_ of oils and fats and milk products was rare. It is like (6)\_\_\_\_\_ of Japan in several decades ago.

In the survey in 2006, the changes in eating habits were observed. (7)\_\_\_\_\_ the rising of their concern on eating, they rarely took food late at night. The variety and frequency of food was increased. The intake of snacks was also increased. These changes are (8)\_\_\_\_\_ to have been caused by the change in their (9) \_\_\_\_\_ towards eating due to the change in lifestyle and those changes had been observed in Japan. More (10)\_\_\_\_\_, however, they were in Viet Nam.

- |                     |                  |                 |              |
|---------------------|------------------|-----------------|--------------|
| 1. A. behaved       | B. carried       | C. conducted    | D. made      |
| 2. A. nutrition     | B. nutritionists | C. inspections  | D. inspector |
| 3. A. taking        | B. making        | C. doing        | D. asking    |
| 4. A. basics        | B. proteins      | C. staples food | D. staples   |
| 5. A. processes     | B. intake        | C. production   | D. amount    |
| 6. A. that          | B. what          | C. those        | D. which     |
| 7. A. Together with | B. Because       | C. Despite      | D. Due to    |
| 8. A. thinking      | B. found         | C. considered   | D. regarded  |
| 9. A. confidence    | B. attitude      | C. impression   | D. effect    |
| 10. A. rapid        | B. rapidly       | C. fast         | D. friendly  |

Read the passage, and choose the correct answer A, B, C or D for each question.

## World BBQ

To some people, there is nothing more appetizing than the smell of meat sizzling over an open fire.

Throughout the world, people love to eat barbecue because it lets them together with friends and family to



enjoy a meal that **brings them back to their caveman roots**. Cooking over coals or an open flame makes people feel more sociable.

Most countries have barbecue traditions, and they usually take place on national holidays. In the United States, it is a tradition to have a barbecue of hamburgers and hot dogs on July 4, which is Independence Day. In Taiwan, people get together to eat barbecue during the Moon Festival, and the smell of burning coal is in the air all day.

In South America, and in Argentina in particular, barbecue is a way of life. All sorts of meats and sausages are put on a large grill together over hot coals. Barbecue is even considered the national dish in Argentina, and it is given the name *asado* in Portuguese. This means not only the dish, but also the social event that surrounds an Argentinian barbecue.

When a person speaks about Turkish and Middle Eastern barbecue, the kebab immediately comes to mind. The tradition of taking different meats, and sometimes vegetables as well, and spearing them with a sharp stick called a skewer has crossed cultural lines today. Practically anywhere in the English-speaking world, the thought of shish-kebab will make barbecue lovers' mouths water.

Wherever you go in the world, you are almost certain to come across a local method of preparing barbecue. If you visit different places, be bold and try whatever the local specialities are.

11. What does the phrase “**brings them back to their caveman roots**” in paragraph 1 mean?

- A. Make people want to eat barbecue on an open flame
- B. Keep people from eating meat
- C. Make people think about how things were with their ancestors
- D. Cause people to act more sociable during festivals

12. Where is barbecue considered a way of life?

**A.** The United States      **B.** Taiwan      **C.** The Middle East      **D.** Argentina

13. What are the sharp sticks that are used to cook meat called?

**A.** Specialities      **B.** Skewers      **C.** Shish-kebabs      **D.** *Asado*

14. Which of the following statements is NOT true?

**A.** Cooking over open fires makes people feel less sociable.

**B.** Shish-kebabs are well-known in Turkey.

**C.** People in the United States eat hamburgers and hot dogs.

**D.** Argentina's *asado* is considered the national dish.

15. What is the main idea of the passage?

**A.** Barbecue is a healthy way to eat meat.

**B.** People today are eating more vegetables with their barbecue.

**C.** Local barbecue specialities can be found all over the world.

**D.** People in some countries mostly use sausages when they barbecue.