C. READING

I. Read tile passage and match the ideas to the paragraphs. Write the answer in each blank.

A. Coffee and tea are bad for you.

B. There are "good" foods and "bad" foods.

C. Vegetarian food is always healthy.

D. Fruit juice is good for you.

E. Carrots help you see in the dark.

F. It's OK not to eat breakfast.

Food: Facts and Myths

1. _____

True and false. Natural fruit juice is good for you, but it can be bad for your teeth. So yes, have some orange juice with your breakfast or lunch, but don't drink any juice between meals. Try water instead. Up to eight glasses of water a day is good for you, and water hasn't got any calories.

2. _____

False. When you sleep, you don't eat for a long time and in the morning it's important to start the day with a good breakfast. Without breakfast, you often feel hungry later in the morning and start eating biscuits or chocolate. These sugary snacks are not a good idea. (If you want a healthy snack, try some nuts or melon.)

3. _____

True and false. People drink coffee when they are tired, but it isn't very healthy so don't have more than two cups a day and don't drink any coffee before you go to bed. Tea is generally good for you, but drink it with lemon and put any milk or sugar in it! Green tea is especially healthy'.

4. _____

False. Vegetarian dishes often contain a lot of cheese and oil and these can be very fattening. It's important to eat some vegetables every day. (Doctors say five portions ofvegetables and/or fruit). We need the vitamins and minerals, especially from green vegetable.

5. _____

False. Carrots have a lot of vitamins A and vitamin A is good for your eyes, but nobody can really see in the dark!

6. _____

False. There are good and bad diets. For example, real chocolate contains vitamins and minerals and can help you when you are tired. But it also has a lot of sugar, so don't eat it often. Eat a balanced diet with some rice, pasta, bread or noodles and lots of vegetables and fruit. You also need protein, from meat, grilled fish, cheese or nuts. And you need oil: olive oil and fish oil are particularly good.

II. 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 VietNam, 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 Rieu, 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, namely, Bun Bo Hue, Banh xeo, or Banh beo, etc.

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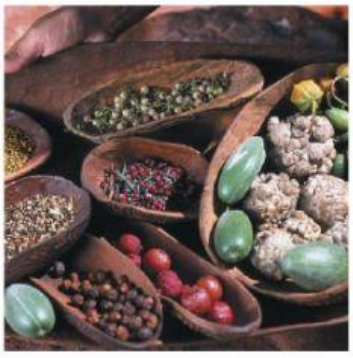
In Southern Viet Nam, the region is characterized by warm weather and fertile soil, which creates favorable conditions for planting a variety of fruit, vegetables and livestock. Thus, food in the region is often added with garlic, shallots and fresh herbs. Particularly, Southerners are favored of sugar; 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.	☐	☐
2. Vietnamese food cuisine differs from region to region.	☐	☐
3. Dishes in the north are often spicy with shrimps, crabs, and oysters.	☐	☐
4. Hue cuisine reflects the Vietnamese royal cuisine.	☐	☐
5. Hue dishes Used to be decorated sophisticatedly in the feudal period.	☐	☐
6. We can easily see the Western-style food in Central Viet Nam.	☐	☐
7. Maybe people from other regions feel that southern dishes are sweet.	☐	☐
8. Food in Central Viet Nam is used with garlic, shallots and flesh herbs	☐	☐

III. Read the passage and do the tasks that follow.

From bush food to barbecues

Australia is a huge country and it has a lot of different kinds of food. In the past, the Aboriginal people of Australia ate animals like crocodiles and some insects like the witchetty grub. Aboriginal Australians travelled around the Australian countryside, or 'bush', to find food.



When the first British and Irish people moved to Australia in the 1830s, they brought sheep and cows from Europe. They also brought traditional English and Irish recipes. Many of these recipes, like fish and chips and meat pies, are still popular today. They also created new Australian recipes such as the *pavlova* (a fruit dessert - named after a Russian dancer) and *damper* (a bread cooked in the bush).

After 1945, a lot of people came to live in Australia fromcountries like Italy, Germany, Greece, Thailand and India. They brought recipes with them and Australians began to eat and drink different things. People started to drink espresso coffee and eat Mediterranean and Asian food.

A lot of modern Australians love cooking with fresh food. They often cook food on barbecues in their gardens or on the beach. Today more people also eat Aboriginal food like kangaroo and emu. Mark Olive, an Aboriginal chef, has a popular TV cookery programme about traditional bush food. There are always new recipes to try in Australia!

Task 1. Read the passage again, and decide whether the following statements are true (T), false (F), or not given (NG).

	T	F	NG
1. Australia doesn't have many different types of food.	☐	☐	☐
2. In the past, Aboriginal people found food in different places.	☐	☐	☐
3. British and Irish people brought food and recipes to Australia.	☐	☐	☐
4. The people who arrived after 1945 didn't like Australian food.	☐	☐	☐
5. Australians like food from countries like Italy, Greece, and Thailand.	☐	☐	☐
6. Cooking outside is popular in Australia.	☐	☐	☐
7. Today many people in Australia eat crocodile.	☐	☐	☐

Task 2. Find words in the passage that mean...

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1. very big (paragraph 1): _____
2. a name for the first people in Australia (paragraph 1): _____
3. somewhere to cook food outside (paragraph 4): _____

IV. Read the passage, and match the statements (1-8) with the diets (A-C).

Healthy diets around the world

Harry Chen is a fitness expert. In his new book, he describes three healthy diets fromaround the world and tells us what we can learn from them.

A. The Japanese diet

People in Japan are generally very healthy and one of the main reasons is fish. The Japanese diet includes a lot of fish, which contains healthy oil. Another reason is that they also eat a lot of fruit and vegetables - for any meal, including breakfast. People in Japan eat less than in other countries. This is because: firstly, people eat small portions on separate small plates, not one big plate. Secondly, some people eat until they are about 80 percent full, then wait for ten minutes to see if they are still hungry. This is called *hara hachi bu.*

B. The Mediterranean diet

Health experts know that a lot of oil in your diet is unhealthy. The Mediterranean diet (for example, in Greece, Italy and Spain) contains a lot of oil, but it is a very healthy diet. This is because they use olive oil, which is good for your heart. Another important factor is that they eat a lot of fruit and vegetables. Vegetables in these countries are often main dishes, not just side dishes. Finally, people in this region eat with family and friends and sometimes a meal lasts several hours. This means people relax and they don't eat too much.

C. The South Indian diet

There are many different regions in India with different types of food. The South Indian diet is especially healthy as it contains a lot of fruit and vegetables. There is a long tradition of vegetarian food in this region. They eat some meat, but not much. In South India, they add a lot of herbs and spices, like cinnamon and turmeric, to their cooking. The spices not only make the food delicious and attractive, but they are also good for digestion. Health experts also know that some of these spices can fight diseases, such as heart disease and cancer.

1. They eat of lot of fish. _____
2. They eat a lot of olive oil. _____
3. They eat a lot of vegetarian food. _____
4. They eat vegetables as amain dish. _____
5. They eat vegetables for breakfast. _____
6. They use spices when they cook. _____
7. They don't eat large amounts of food. _____
8. They take a long time to eat their dinner. _____

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

A World of Sausage

All over the world, all different cultures created interesting processed meat products, and one of the most popular is undoubtedly sausage.

To begin with, sausage making may be considered disgusting as it deals with using various animal parts. Since meat is ground up, certain cuts and parts of an animal that wouldn't be served in their original forms can be used. Literally, this means animal parts such as noses, ears, and other less appetizing areas of an animal's body. Very often, the ground up meat and flesh is mixed with a certain percentage of fat, along with spices and other fillers. After being mixed well, this meat mixture is then stuffed into the cleaned intestines of the animal, which are then sealed at both ends. The result is sausage.

The meats used in sausages come from a variety of animals, although beef and pork are by far the favourites. In some cultures, sausage made from the meat of horses is considered a delicacy. When sausages are cooked, the

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cooking process sometimes adds to the flavour. While boiling is probably the simplest method, smoking sausages will add a lot of smoky flavour.

Next time you bite into a sausage, it is probably best not to think too much about how it became the tasty thing you are eating. After all, you don't want to ruin a good snack.

1. Where is the mixture of meat placed?
   A.Inside a plastic package **B.** Inside a cleaned intestine
   C. Inside a refrigerator **D.** Inside a metal container
2. What won't be served in their original forms?
   A.Certain cuts and parts of animals **B.** Spices and fillers
   C. Sausages of all types **D.** Intestines of an animal
3. What are by far the favourite meats for making sausages?
   A. Chicken **B.** Horse meat **C.** Cuts of lamb **D.** Beef and pork
4. What is the simplest method of cooking sausages?
   A. Grilling **B.** Smoking **C.** Boiling **D.** Baking
5. What advice is given in the passage?
   A.Be careful when making sausages.
   B.Don't think too much about what you are eating when eating sausages.
   C. Try not to use too much fat in the meat mixture when making sausages.
   D. Make sure intestines are cleaned before packing with meat.

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

Insects on the Menu

Humans have a long history of eating insects, and it turns out that they can be a very nutritious part of a person's regular diet. Insects have a lot of protein, and they are often easier to catch than prey animals. Therefore, it is no wonder that when our ancient ancestors saw some tasty worms or grubs wiggling on the ground, they made a quick snack of them.

In Thailand, insects are a regular part of the street food that can be found. The different insects that people snack on are crickets, grasshoppers, giant water bugs, and assorted worms. They are often deep-fried and salted, so they have a crunchy texture that makes them a perfect snack food. If you can get past the fact that you are eating a cricket, it will crunch in your mouth just like a corn chip!

For a lot of people, however, it is difficult to get over the fear of eating insects. People tend to see insects as invaders, especially when they are crawling on the food that we are about to eat. Therefore, being able to eat insects without feeling disgusted is cultural. Some people cannot eat French cheese or stinky tofu because they weren't brought up doing so. To many of us, insects fall right into that category, making it difficult to even try them.

If given the chance, though, be courageous. Insects can be nutritious and tasty, so long as you can get over the "yuck" factor.

1. Which is the reason given for gathering and eating insects?
   A. They are very easy to find close to the home.
   B. They are more nutritious than most vegetables.
   C. They come in all shapes and sizes.
   D. They are easier to catch than other prey animals.
2. Why are deep-fried insects considered a perfect snack food?
   A. Because they taste exactly like corn chips.
   B. Because they don't fill you up.
   C. Because they have a crunchy texture.
   D. Because they are not expensive.

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3. Which insects are not mentioned in the passage?
   A. water bugs **B.** grasshoppers **C.** beetles **D.** crickets
4. Where are insects a regular part of the street food?
   A. France **B** Thailand **C.** Britain **D.** All of the above
5. What advice is given in the passage?
   A. Be courageous **B.** Eat very cautiously
   C. Try eating worms first **D.** Always cook your insects

VII. Read the passage, and choose the correct answer A, B, Cor D for each question.

Free and Easy

In the past, getting recipes and cooking tips was a complicated process. A person had to go to the store and buy a cook book, or get recipes from friends. Fortunately, the Internet has changed all that. Now, if you want to find a recipe for lasagne or Cobb salad, you just search online. It couldn't be simpler.

Cooking blogs are a great source of information because they are free and there are so many of them. They are also nice because they give all different kinds of ideas. The problems with blogs is that because we don't know who is writing them, we need to use with caution. When you are looking at a new blog, you don't know if the writer knows what he or she is talking about.

We'd like to introduce two popular cooking blogs. The first is called Smitten Kitchen. This website is run by a family living in New York City. It focuses on food that doesn't require many ingredients. If you want to make food that is simple but wonderful, then this is the site for you. It offers hundreds and hundreds of recipes, divided into categories. You will be amazed at how many there are.

Wednesday Chef is another great cooking blog. It is run by a writer who lives in Berlin. This blog also offers many recipes, along with recommendations for great restaurants in Berlin, and advice for people who want to start their own blogs. Wednesday Chef has great pictures of its food, as well as interesting pictures of Berlin. The blog got its name because in the past, newspapers published their food articles on Wednesdays.

There ate a lot of cooking blogs on the Internet, and most of them are pretty good. Go online and check some of them out. You might be surprised at how much they can help you improve your cooking.

1. How did Wednesday Chef get, its name?
   A.The writer only posts recipes on Wednesdays.
   B.The writer only cooks on Wednesdays.
   C. The writer was born on a Wednesday.
   D.Newspapers used topublish food articles on Wednesdays.
2. Which of the following is NOT a benefit of cooking blogs?
   A. There are many of them. **B.** Everyone who writes them is an expert.
   C. They are free. **D.** They give a lot of different ideas.
3. Who runs the blog Smitten Kitchen?
   A. A family in New York. **B.** A woman in New York.
   C. A family in Berlin. **D.**A woman in Berlin.
4. What does the passage say about Smitten Kitchen?
   A.It only gives recipes on Italian food.
   B. It focuses on simple recipes.
   C. It only offers a few recipes.
   D.Most of the food on that blog is hard to make.
5. Why should we be careful when we are looking at new blogs?
   A. We don't know who the writers are. **C.** The recipes on new blogs are usually hard to make.
   B. Most new blogs are terrible. **D.**They charge you some fees to get the recipes.

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