

## TEST 1 (UNIT 7)

### I. Find the word which has a different sound in the part underlined.

1. A. grate                      B. staple                      C. marinate                      D. shallot
2. A. versatile                      B. slice                      C. sprinkle                      D. combine
3. A. sprinkle                      B. drain                      C. tender                      D. garnish

### II. Choose the word which has a different stress pattern from the others.

4. A. recipe                      B. tablespoon                      C. ingredient                      D. benefit
5. A. avocado                      B. traditional                      C. ingredient                      D. significant

### III. Choose the best answer A, B, C or D to complete the sentences.

6. Moderation doesn't mean \_\_\_\_\_ the foods you love.  
A. to eliminate                      B. eliminating                      C. to prevent                      D. preventing
7. Studies suggest \_\_\_\_\_ only when you are most active and giving your digestive system a long break each day.  
A. to eat                      B. being eaten                      C. eating                      D. being eating
8. Your body uses calcium to build healthy bones and teeth, \_\_\_\_\_ them strong as you age.  
A. remain                      B. care                      C. continue                      D. keep
9. If you eat too quickly, you may not \_\_\_\_\_ attention to whether your hunger is satisfied.  
A. pay                      B. take                      C. keep                      D. show
10. Common eating habits that can lead to \_\_\_\_\_ are: eating too fast, eating when not hungry, eating while standing up, and skipping meals.  
A. gain weight                      B. weight gain                      C. put on weight                      D. be heavy
11. Keeping a \_\_\_\_\_ for a few days will help you discover your bad eating habits.  
A. diary                      B. personal                      C. food diary                      D. report
12. You may have had certain eating habits for so long that you do not \_\_\_\_\_ they are unhealthy.  
A. recognize                      B. realize                      C. understand                      D. tell
13. If children don't play sports, they \_\_\_\_\_ sleepy and tired.  
A. would feel                      B. will feel                      C. would have felt                      D. had felt
14. If parents don't cook at home, their children \_\_\_\_\_ more fast food.  
A. have                      B. would have                      C. may have                      D. had had
15. If you eat a lot of fruit, you \_\_\_\_\_ health problems.  
A. have                      B. may have                      C. had                      D. will never have