

REVISION TEST UNIT 7

Fullname: _____ Class: _____

PRONUNCIATION

- | | | | |
|-----------------------|--------------------|-------------------|--------------------|
| 1. A. <u>grate</u> | B. <u>staple</u> | C. <u>citadel</u> | D. <u>occasion</u> |
| 2. A. <u>sprea</u> d | B. <u>meas</u> ure | C. <u>breath</u> | D. <u>break</u> |
| 3. A. <u>sprinkle</u> | B. <u>drain</u> | C. <u>tender</u> | D. <u>garnish</u> |
| 4. A. <u>sauce</u> | B. <u>steam</u> | C. <u>sugar</u> | D. <u>stew</u> |
| 5. A. <u>marinate</u> | B. <u>grate</u> | C. <u>shallot</u> | D. <u>staple</u> |

STRESS

- | | | | |
|--------------------------|----------------------|----------------------|----------------------|
| 1. A. <u>tomato</u> | B. <u>nutritious</u> | C. <u>ingredient</u> | D. <u>tablespoon</u> |
| 2. A. <u>celery</u> | B. <u>benefit</u> | C. <u>engineer</u> | D. <u>versatile</u> |
| 3. A. <u>tender</u> | B. <u>simmer</u> | C. <u>cucumber</u> | D. <u>delicious</u> |
| 4. A. <u>significant</u> | B. <u>diverse</u> | C. <u>garnish</u> | D. <u>combine</u> |
| 5. A. <u>Garnish</u> | B. <u>shallot</u> | C. <u>sprinkle</u> | D. <u>starter</u> |

VOCABULARY

I. Complete the sentences with the words from the box.

prawns	celery	staples	shallots	versatile
tender	lasagne	starter	nutritious	recipe

- _____ is an Italian dish made with layers of flat pasta with a sauce, cheese, and meat or vegetables.
- What would you like for a _____ - soup or smoked salmon?
- For this _____ you need 250g of peeled king prawns.
- Potatoes are an extremely _____ vegetable. They can be baked, fried, grilled, boiled, mashed or grated.
- The shops are running out of _____ such as rice and cooking oil.
- Lentil soup is highly _____ and easy to prepare.
- _____ are grey when they're raw, and turn pink when they're cooked.
- Whether diced, minced, or sliced, _____ are used for seasoning dishes.
- Cook the curry for another 40 minutes or until the meat is _____.
- Add carrot and _____ and saute for 3 minutes longer.

II. Write the correct form of the words in brackets.

- I don't like airplane food. It's so _____. (taste)
- Don't _____ your food as this can lower the vitamin and mineral content, (cook)
- Vietnamese food culture is _____ by rice, fish sauce, soup, vegetables and regional diversity, (character)

4. A _____ Vietnamese meal includes rice, meat or seafood, vegetable and soup, (type)
5. Most nutritionists consider junk foods as _____ and harmful, (health)
6. Milk is a very _____ food, containing protein, vitamins and minerals, (nutrition)
7. The simplicity and _____ of yogurt have made it a popular food for hundreds of years, (versatile)
8. Banana, orange juice, and cream may seem to be an odd _____, but together they make a delicious drink, (combine)
9. The meat has been slow-cooked to incredible _____. (tender)
10. Very _____ food doesn't suit her stomach, (spice)

III. Multiple choices

A steak pie is a traditional meat pie ____ in Britain. Beef steak and gravy are enclosed in a pastry shell and baked in the oven.

- A. served B. serving C. service D. serve

Lasagne is a traditional ____ made from layers of pasta, meat sauce and tomato sauce. It's popular over the world.

- A. sauce B. dish C. cake D. soup

It is boring here. _____ ever happens in this place.

- A. Anything B. Something C. Things D. Nothing

Moderation doesn't mean _____ the foods you love.

- A. to prevent B. preventing C. to eliminate D. eliminating

When we were on holiday, we spent too _____ money.

- A. a lot of B. many C. much D. lots of

I spend _____ my spare time gardening.

- A. most B. the most of C. most of D. most of the

There's _____ use in complaining. They probably won't do anything about it.

- A. a few B. a little C. no D. some

Adding a small _____ of salt to a cup of bitter coffee will help cut the bitterness.

- A. pinch B. cup C. bag D. handful

She added a potato to her overly salty soup _____ make it less salty.

- A. so that B. as a result of C. in order to D. so as not to

"I'll make steak pie for dinner." " _____ "

- A. I'd love to. B. You're right. C. Please, do it. D. Great! I can't wait.

_____ have enough apples, she'll make an apple pie this afternoon.

- A. Should she B. If she C. Will she D. Unless she

If you _____ to me, you wouldn't have got so much trouble.

- A. listened B. would listen C. had listened D. would have listened

The campfire _____ if it _____ last night.

- A. wouldn't be cancelled - hadn't rained B. wouldn't have been cancelled - hadn't rained
C. would have been cancelled - hadn't rained D. will be cancelled - rains

I think you should stop smoking.

- A. If I am you, I will stop smoking. B. If I were you, I will stop smoking.
C. If I were you, I would stop smoking. D. If I had been you, I would stop smoking.

You'll fail the exam _____ you start revising.

- A. if B. until C. when D. unless

GRAMMAR

I. Write the correct form or tense of the verbs in brackets.

1. I _____ (get) sick if I drink milk or eat dairy products.
2. Mr. Robinson said he _____ (work) as a pastry chef at Metropolitan Hotel 5 years before.
3. This is the first time I _____ (make) sakura butter cookies.
4. Your apple pie would be better if you _____ (follow) the recipe exactly.
5. Mango sticky cake _____ (put) in my must-try list when I visit Thailand.
6. There's no point _____ (buy) him expensive wines because he doesn't appreciate them.
7. I'm glad it's almost summertime - I just can't wait _____ (go) swimming!
8. While Jane _____ (wash) the dishes, she suddenly had a brilliant idea.
9. I _____ (starve)! When do we eat, Mom?
10. It's estimated that 1.3 billion tons of food _____ (waste) annually.

II. Find mistakes and correct

1. Sam will not graduate unless he doesn't pass all the tests.
A B C D
2. Adding nuts and seeds to an all-fruit diet is definite better than strictly eating fruit alone.
A B C D
3. Chicken breast is high on protein, but it's low in fat and calories.
A B C D
4. Eating breakfast can upstart your metabolism, that helps with weight control, mood,
A B C
and school performance.
D
5. Almost teenage girls used unhealthy eating habits like fasting, or skipping meals to control
A B C D
their weight.

READING

I. Choose the correct word A, B, C, D for each gap to complete the following passage.

One of my favourite hobbies is (1)___ and I can make some delicious dishes for my whole family when there is a special occasion.

Two years ago, I attended a cooking class. My teacher- a well- known Vietnamese cook(2) ___ me how to make different Vietnamese and foreign dishes such as spring rolls, pho, crispy shrimp pastry, steak, pizza, spaghetti, lasagne, sushi, curry, vegetable soup and some (3) ___ of salad. I was really impressed (4) ___ the Russian salad. The salad is made from potatoes, carrots, peas, chopped parsley, vinegar, mayonnaise and boiled eggs. Last year, I won the first prize for the Russian salad in

the cooking competition organized on the 3rd of March in my school. My parents are very (5) ____ of my cooking and they say I will be a good cook in the near future.

(6) ____ I can cook many dish or a slice of bes, I never eat (7) ____ much. For breakfast, I often have a small bowl of rice (8) ____ some pork, beef and vegetable or a slice of bread with two fried eggs mixed with a tomato and a fresh onion. I never skip this important (9) ____ . For lunch, I usually have simmered fish, boiled vegetable, two bowls of rice and some fruit such as a banana or an orange. For dinner, I eat less rice and more vegetable, I rarely eat fast food because I think it's not good for my health.

Do you think i have good eating (10) ____?

- | | | | |
|----------------|------------|-------------|------------|
| 1. A. cook | B. to cook | C. cooking | D. cooked |
| 2. A. teach | B. teaches | C. teaching | D. taught |
| 3. A. ways | B. kinds | C. methods | D. cooks |
| 4. A. by | B. in | C. on | D. at |
| 5. A. proud | B. glad | C. happy | D. excited |
| 6. A. Because | B. So | C. Though | D. But |
| 7. A. many | B. too | C. a lot | D. a few |
| 8. A. in | B. of | C. with | D. on |
| 9. A. meal | B. time | C. dish | D. food |
| 10. A. recipes | B. cuisine | C. food | D. habits |

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

Simple Ways to Lose Weight on a Budget

Plan to Cook at Home

Instead of buying costly prepared meals, which often tend to be high in calories, cook your own at home. Plan out your meals with high-fiber foods like beans and whole grains which will keep you full and are a cheaper, healthier alternative to rich proteins and more processed grains.

Eat Less

Eating less leads to weight loss, and cost savings, especially if you cut down on the right things. Start by cutting your portions of pricy meat and poultry. Or swap out meat and poultry for cheaper vegetarian proteins like beans, lentils, tofu and eggs for some of your meals.

Double Up on Vegetables

Vegetables are great for weight loss, as well as all-around health. They are low in calories and high in water and fiber - two things that keep you feeling full. Save cash by shopping for those that are in season. Frozen vegetables can be a great bargain, with just as much nutrition as fresh, since they are picked and frozen at their peak ripeness.

Get Creative with Your Exercise Options

You don't need to **shell out** a monthly gym fee to get moving. Instead, find fun activities you enjoy for free. If you're just getting started with a regular exercise routine, try your beginning with daily walks: start slowly and build up time and speed.

Make Friends with Someone

One of the most powerful resources you have for helping you lose weight is your social network. Find a friend who is also trying to lose weight and agree to help each other stay motivated. One study found that when friends participated in a group weight-loss programme together, they lost more weight than people who did the same programme on their own.

1. The advantage of cooking at home is _____.

A.to have food that is high in calories

- B. to enjoy a variety of rich proteins and more processed grains
 C. to plan out your costly prepared meals
 D. to choose foods that keep you full and is cheaper
2. In order to cut down on your daily calories, you should do all the following things EXCEPT _____.
 A. follow vegetarian diets for your meals
 B. eat less meat and poultry
 C. eat more beans, lentils, tofu and eggs
 D. cut down on animal proteins for some of your meals
3. All of the following are true about vegetables EXCEPT that _____.
 A. vegetables can keep you feeling full
 B. they help you lose weight effectively
 C. frozen vegetables are not good for your health
 D. you feel healthier and save money with fresh vegetables in season
4. We can infer from the article that _____.
 A. you should join in a social network instead of going to a gym
 B. a partner can make you feel more motivated in losing weight
 C. you should find fun activities at the gym and follow them
 D. joining a programme you can lose more weight than your partner
5. The phrase “shell out” is closest in meaning to _____.
 A. become more interested in something B. pay money for something
 C. peel something out D. take someone out of a shell

WRITING

I. Make up sentences using the words and phrase given.

1. If/ you/ come / Viet nam / you / should / try / pho/ . / It / really / delicious/

.....

general / do / Vietnamese / people / have / healthy / eating / habits/?

.....

if/ you/ want/ lose/ weight/ should/ try/ avoid/ or limit/ junk food/ your diet.

.....

II. Rewrite the sentences

If I were you, I would check my answers before handing in the test.

→ You had _____

Unless you leave home now, you will miss the flight.

→ If _____

I can't wait until I go hiking on my vacation. (LOOKING)

→ _____

I forgot the watch so she was late for school.

→If
