

**FACULTAD DE CIENCIAS AGRARIAS
ENGLISH COURSE QUIZ 1 INTERMEDIATE LEVEL**

Name:

Date:

1) READING COMPREHENSION. Choose from phrases 1–10 the one that fits each gap! Number 0 is an example. (10p)

0 *but it's especially important for growing teenagers*

- | | |
|---|--|
| 1. healthier food choices on the menu | 6. expensive and tasteless |
| 2. home-cooked food | 7. and even save money |
| 3. grill, stir-fry, bake, boil or microwave | 8. such as vitamins and minerals |
| 4. you are more likely to put on weight | 9. breakfast cereal served with low fat milk |
| 5. drink water instead | 10. A poor diet can cause |

Teenagers and nutrition

Good nutrition is essential for everyone, (0) *but it's especially important for growing teenagers*. Unfortunately many Australian teenagers have an unbalanced diet. One in four adolescents buys unhealthy takeaway food every day or even a few times a day. If you eat takeaway food regularly, (1) _____ than if you eat fast food only occasionally.

Don't despair! It doesn't take a lot of effort to change your eating habits. A few simple changes will make a huge difference. You'll feel better, manage your weight, improve your skin (2) _____!

Junk food is poor fuel for your body

About nine in ten teenagers eat junk food every day. This might be fizzy drinks and high-kilo snacks like potato chips. However, your body can't run properly on inferior fuel. Compared to (3) _____, junk food (which includes fast food) is almost always:

- higher in fat, particularly saturated fat
- higher in salt
- higher in sugar
- lower in fibre
- lower in nutrients, (4) _____
- served in larger portions, which means more kilojoules.

While a mid-life heart attack might seem too far away to be real, it may surprise you to know that you could have health problems already. (5) _____ weight gain, high blood pressure, constipation, fatigue and concentration problems – even when you're young.

How to improve your diet without even trying

Small changes can make a big impact. Try these tips:

- Cut back on fizzy sugary drinks. Go for sugar-free versions. Even better, (6) _____ – try adding a slice of lemon, lime or orange.
- Keep a fruit bowl stocked at home for fast and low-kilo snacks.
- Eat breakfast every day so you're less likely to snack on junk food at morning tea. A fortified

- (7) _____ can provide plenty of vitamins, mineral and fibre. Other fast and healthy options include yoghurt or wholemeal toast.
- Don't skip lunch or dinner either.
 - Help with the cooking and think up new ways to create healthy meals. Make those old family recipes lower in fat by changing the cooking method – for example, (8) _____ instead of deep frying.
 - Reduce the size of your meals.
 - Don't add salt to your food.
 - Don't eat high fat foods every time you visit a fast food outlet with your friends. Many of the popular fast food chains now have (9) _____.

Things to remember

- A teenager who eats fast food regularly is more likely to put on weight than a teenager who eats fast food only occasionally.
- Many teenagers wrongly assume that healthy foods are (10) _____.
- Eating well doesn't mean you must be a health food freak – a good diet allows for your favourite junk foods occasionally.

2) ALL THESE QUESTIONS ARE INCORRECT. Can you write it in the correct way? (12p)

- 1) Why healthy food beneficial for the body?
- 2) How you can make a good breakfast?
- 3) Why does salt has so many problems for our health?
- 4) How often you have to eat junk food?

3) CONDITIONAL SENTENCES. Make up conditional 1 sentences using the following information. (15p)

- 1) YOU – EAT – JUNK FOOD – PUT ON WEIGHT
.....
- 2) PEOPLE – GET SICK – EAT – FOOD – HIGH IN FAT CONTENT
.....
- 3) YOU – EAT – MORE FRUITS – NOT HAVE CHOLESTEROL
.....
- 4) YOU- NOT PUT – TOO MUCH SALT – IN – FOOD- NOT HAVE- A HEART ATTACK
.....
- 5) YOU –LOSE – SOME WEIGHT – YOU REDUCE – SIZE OF MEALS
.....

4) COMPLETE WITH THE CORRECT TENSE OF THE VERB: Simple present, present continuous, simple Past, Past Continuous, Present Perfect, Future (14p)

1. Sara usually (put)..... on black shoes but now she (wear)..... white trainers.
2. And look, she (take)..... an umbrella because it (rain).....
3. I (just / finish)..... my homework.

4. Mary (already / write)..... five letters.
5. Tom (move)..... to his home town in 1994.
6. But I (already / travel)..... to London a couple of times.
7. Yesterday the car (break)..... down and we (have)..... to walk home.
8. The boys (swim).....while the girls (sunbath).....
9. While one group (prepare)..... dinner the others (collect)..... wood for the campfire.

1) COMPLETE WITH THE CORRESPONDING VOCABULARY (11P)

CHATTY- JEALOUS- BOSSY - TIDY - EYE- SENSITIVE - SHY- ELBOW - KNEE - TONGUE - ANKLE - WRIST- TOE

- 1) Rita is so.....that she finds it difficult to talk to people.
- 2) Laura had a piercing in her.....and now she can't eat properly
- 3) My boyfriend is really.....!! he gets crazy when I talk to other boys.
- 4) I'm so.....that I cry whenever I see Titanic.
- 5) What a beautiful bracelet you have in your
- 6) He broke his little.....when he was playing football. Now he can't wear shoes.
- 7) My sister is always giving orders! She is soand she is also very.....the room has to be in perfect order.
- 8) I fell down and sprained my.....when I was going downstairs.
- 9) The.....is the part of the body between the shoulder and the hand
- 10) Theis the part of the body in your legs that helps you to move them.
- 11) Can you keep an.....on the food while I talk on the phone?

6) MATCH THE PROBLEM WITH THE SOLUTION.

HICCUPS	A. You should use this drops twice a day
FLU	B. You should take an aspirin
PINK EYE	C. Why don't you hold your breath for 10 seconds?
HEADACHE	D. How about staying in bed for a couple of days?
SORE THROAT	E. Take this candy three times a day
COUGH	F. Why don't you drink tea with honey?

7) TO INF –ING. Complete the following sentences with the verb in to infinitive or ING (8p)

- 1) My mother promised.....(take) me to the zoo if I behave well
- 2) He offered(take) me home in her new car
- 3) Have you considered.....(change) your job?
- 4) He has decided(buy) a new car.
- 5) I really miss.....(see) my parents every day.
- 6) I know she will enjoy.....(watch) that movie
- 7) I expect.....(go) on holidays this year
- 8) She seems(be) a nice woman.

8) COMPLETE THE SENTENCES WITH THE PRESENT OR PAST SIMPLE PASSIVE OF THE VERB IN BRACKETS. USE CONTRACTIONS WHERE POSSIBLE. (16P)

- 1) How many newspapers(print) in Britain every day?
- 2) Who(this play / write) by?
- 3) German(speak) in Germany, Austria, and part of Switzerland.
- 4) The royal wedding(watch) by millions of people in 2011.
- 5) Nowadays, a lot of computers.....(make) in Korea.
- 6) The Harry Potter films.....(not direct) by Steven Spielberg.
- 7) How much.....(paper / recycle) in Poland each year?
- 8) In the UK, alcohol.....(not sell) to anyone under 18. It's against the law.

9) CHOOSE THE CORRESPONDING WORD TO COMPLETE THE IDIOM (8p)

- 1) I need some help! can you lend me a?
- 2) Can you keep anon the baby while I go out?
- 3) This dress was really expensive it cost an arm and a!!
- 4) Don't be so stressed just let you.....down and take a break!
- 5) I have to study so many phrasal verbs. I have to learn them by.....
- 6) I have a sweet.....I love cakes and candies.
- 7) I'm your friend !you can tell me , get it off your.....!!
- 8) When I watched Titanic I cried my.....out!!it's so sad!