UNIT 7

RECIPES AND EATING HABITS

B. EXERCISES

I. Choose a word in each line that has different stress pattern

1. A. versatile	B. tomato	C. marinate	D. chocolate
2. A. include	B. combine	C. balance	D. reduce
3. A. cucumber	B. ingredient	C. opinion	D. nutritious
4. A. teaspoon	B. cabbage	C. pancake	D. canteen
5. A. individual	B. supermarket	C. avocado	D. information

II. Match each cooking verb in column A with its definition in column B. Write the answer in each blank.

Answer	A	B
	1. bake	A. cook something slowly in hot liquid kept at or just below the boiling point (85°C/95°C)
	2. roast	B. cook food in hot oil, or fat
	3. boil	C. cook food over charcoal on a grill
	4. fry	D. cook or brown food, like bread or cheese by exposing it to a grill or fire
	5. steam	E. cook, especially meat, in an oven or over a fire
	6. simmer	F. cook meat and vegetables slowly in liquid in a closed dish or pan
	7. toast	G. fry very quickly over high heat
	8. stir-fry	H. cook in an oven without any extra fat
	9. barbecue	I. cook food in boiling water that is 100°C
	10. stew	J. cook food by heating it in the steam made from boiling water

III. Fill each numbered blank with a, an, some or any

Mum: Andy, let's go to the market. Do you have the list?

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Andy: I'm doing it now. We need (1)_____ apples, (2) _____ bottle of cooking oil and (3)_____ bread. Oh, and there isn't (4)_____ salt either.

Mum: Is there (5)_____ milk?

Andy: Yes, there's (6)_____ in the fridge. But we haven't got (7)_____ orange juice.

Mum: Have we got (8)_____ vegetables?

Andy: Well, there is (9)_____ cauliflower, (10)_____ onion and (11)_____ potatoes, but there aren't (12)_____ artichokes.

Mum: Ok. Let's go shopping then. But before leaving, you should eat something. Is there (13)_____ fruit?

Andy: Yes, Mum, there is (14)_____ banana and (15)_____ orange. But I prefer to have (16)_____ muffin or (17)_____ chocolate.

Mum: No way, Andy. You know what I think about fatty food. Have (18)_____ banana and (19)_____ milk.

Andy: Ok, but … Can I have (20)_____ chocolate cake after dinner, please?

Mum: We'll see.

IV. Fill each blank in the following sentences with a food quantifier from the box.

a bar of	a bowl of	a bunch of	a can of	a carton of
a clove of	a loaf of	a slice of	a stick of	a tablespoon of

1. Add _____ vinegar and 200ml of water into the bowl and mix well.

2. My brother usually has _____ cereal and some milk for breakfast.

3. She bought a grapefruit and _____ bananas at the village market.

4. Mummy, can you give me _____ celery, please?

5. I have a recipe that calls for only _____ garlic.

6. There is _____ bread, some eggs and some salad for dinner.

7. You look thirsty. Would you like _____ soda?

8. Do you want _____ chocolate or five chocolate sweets?

9. Please go to the store and buy _____ milk and if they have sugar, get one kilo.

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10. He has eaten _____ pizza, two pieces of cake, and three eggs.

V. Underline the correct verb in each sentence.

1. (Stir/ Drain/ Chop) the carrot into small circles.

2. (Mix/ Boil/ Bake) the lasagna for 30 minutes in the oven.

3. After ten minutes, (drain/ boil/ fry) the spaghetti until there is no water left. Then place the pasta into a large bowl.

4. (Peel/ Stir/ Fry) the onion and throw away the skin.

5. (Drain/ Marinate/ Chop) the steak with salt, pepper, and lemon.

6. (Simmer/ Fry/ Bake) the onion until it is soft, but not brown.

7. Constantly (fry/ stir/ boil) the mixture using a wooden spoon.

8. When the mixture looks shiny, (fry/ pour/ chop) it into individual dishes.

9. When you have finished preparing the vegetables, (stir/ mix/ chop) them together with your hands.

10. (Fry/ Bake/ Boil) the spaghetti for ten minutes, or until soft.

VI. Choose the correct option A, B, C, or D to complete the sentences.

1. I didn't eat everything that they _____ me at the party.

A. cooked B. baked C. served D. shared

2. Perhaps the three most popular ice cream _____ are vanilla, chocolate, and strawberry.

A. brands B. ingredients C. offers D. flavours

3. Beet greens are the most _____ part of the vegetable and can be cooked like any other dark leafy green.

A. colourful B. nutritious C. traditional D. careful

4. Pumpkin soup is a good source of _____, minerals, and vitamins, especially vitamin A.

A. sugars B. solids C. fibres D. fats

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5. You _____ chicken. You cook it in an oven or over a fire without liquid.

A. steam B. boil C. fry D. roast

6. You usually _____ vegetables like onion. It means that you cut them into many small pieces.

A. chop B. whisk C. grate D. sprinkle

7. Is there _____ apple juice in the fridge, Quang?

A. An B. a C. any D. some

8. Can I have a pizza, a dozen eggs, and a _____ of lemonade, please?

A. bottle B. jar C. piece D. tub

9. I would like a _____ of broccoli and two carrots.

A. bunch B. clove C. slice D. head

10. You should eat more fruits and vegetables if you _____ to lose weight.

A. will want B. want C. would want D. wanted

VII. Fill in each gap in the passage with ONE suitable word.

Vietnamese Cooking Habits

The Vietnamese prefer fresh foods, and will rarely (1)_____ ready-made or frozen food. Since Vietnam is an agricultural country, there are many kinds of vegetables and fruits (2)_____. Vietnam also has a long coastal line, which means that there are many kinds of (3)_____ available.

Vietnamese households also prefer cooking and eating at (4)_____. As Vietnam is originally an agricultural country, its culture is a community (5)_____. Therefore, a family may have several (6)_____, and meals are family affairs. (7)_____ they may eat out with their friends after work to (8)_____ those relationships, they still join their families' meals later in the evening.

VIII. Read the 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.

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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 yeas, 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 of vegetables and/or fruit). We need the vitamins and minerals, especially from green vegetables.

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

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also need protein, from meat, grilled fish, cheese, or nuts. And you need oil: olive oil and fish oil are particularly good.

IX. 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 from countries 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.			

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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 …

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

X. Read the passage, and choose the correct answer A, B, C, or 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 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 lasagna 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 Wednesday.

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There are 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 to publish 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.

B. Most new blogs are terrible.

C. The recipes on new blogs are usually hard to make.

D. They charge you some fees to get the recipes.

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XI. Complete the second sentence in each pair so that it has similar meaning to the first sentence.

1. Follow these safety instructions or you may get burnt.

If you .....

2. I suggest having spaghetti and pizza tonight.

Let's .....

3. My aunt has never tasted sushi before.

This is .....

4. You need to peel the onion and slice it.

The onion .....

5. Eating healthy foods is very important.

It is .....

XII. Make sentences using the words and phrases below to help you. You can add extra words or make changes.

1. Children/ adolescent/ should / eat / sufficient / nutritious / foods / grow/ develop normally.

.....

2. Although/ eat/ breakfast/ dinner/ home/ students/ usually/ have/ lunch/ school.

.....

3. Healthy lunches/ important/ for/ them/ because/ these/ help/ concentrate/ learning.

.....

4. Some/ student/ usually/ have/ unhealthy lunch/ of/ fast food.

.....

5. School aged/ children/ learn/ fast/ and/ be/ influenced/ friends.

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6. If/ we/ not talk/ them/ about/ healthy eating/ they/ may/ only eat/ junk food.

.....

7. At home/ parents/ should/ encourage/ children/ prepare/ lunchboxes.

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