

TEST UNIT 7

RECIPES AND EATING HABITS

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

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|----------------|-----------|-------------|------------|
| 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 |
| 4.A. spread | B. cream | C. bread | D. head |
| 5.A. sauce | B. stew | C. sugar | D. steam |

II. Complete the sentences with a, an some, or any

1. We need _____ cheese to go with the pasta.
2. I'm reading _____ interesting book at the moment.
3. We haven't got _____ homework this weekend.
4. Are there _____ apples on the table?
5. I'd like _____ olive oil on my pizza.
6. There isn't _____ salt in this soup.
7. Mi got _____ tickets for the concert.
8. I need _____ clove of garlic for this recipe.
9. Have we got _____ rice and fresh fish for the sushi?
10. I'd like _____ egg for my omelette.

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

1. Moderation doesn't mean _____ the foods you love.
A. to eliminate B. eliminating C. to prevent D. preventing

2. 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

3. Your body uses calcium to build healthy bones and teeth, _____ them strong as you age.

- A. remain B. care C. continue D. keep

4. If you eat too quickly, you may not _____ attention to whether your hunger is satisfied.

- A. pay B. take C. keep D. show

5. 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

6. Keeping a _____ for a few days will help you discover your bad eating habits.

- A. diary B. personal C. food diary D. report

7. 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

8. If children don't play sports, they _____ sleepy and tired.

- A. would feel B. will feel C. would have felt D. had felt

9. If parents don't cook at home, their children _____ more fast food.

- A. have B. would have C. may have D. had had

10. If you eat a lot of fruit, you _____ health problems.

- A. have B. may have C. had D. will never have

IV. Complete the following sentences with a suitable cooking verb. Do not use any word already given in the sentence

1. You _____ vegetables or fruits when you want to eat them. It means that you cut away their skin.
2. You _____ the mixture of water, flour, yolk and sugar when you want to make a cake. This mixture is called a dough.
3. You _____ meat only. It means you cut the meat in pieces or slices.
4. You _____ such substances like cheese, chocolate or carrot. You do it with a grater to cut the food into a lot of small pieces.
5. You _____ fruit and vegetables in order to prepare a juice.
6. You usually _____ vegetables like onion. It means that you cut them into many small pieces.
7. You _____ food in a frying pan in hot oil or fat.
8. You _____ food mainly in an oven. You always need to adjust the proper temperature.
9. You _____ meat, fish with several spices or seasoning to improve its flavor before cooking.
10. You _____ liquid substance. You use a utensil like a spoon in order to mix the substance.

V. Complete the conditional sentences type 1 with the suitable modal verbs and ordinary verbs.

1. If my parents work late, I _____ bread and cheese.
2. If we make noise in class, we _____ at the front.
3. If we feel sad, I _____ to my friends.

4. If I don't know the answer to a question, I _____ the answer when working in a group.
5. If I feel tired, I _____ a shower.
6. If it rains, I _____ to school by bus.
7. If our teacher gets angry with us, she _____ us extra homework.
8. If people don't have much time, they _____ fast food.
9. If you drink hot milk before bedtime, you _____ well.
10. If you get up late, you _____ time for breakfast.

VI. Choose the word or phrase among A, B, C or D that best fits the blank space in the following passage.

A Healthy Life?

(1)_____ health experts believe that children and young people today are more (2)_____ than they used to be. So why has this happened?

One reason is bad eating habits. (3)_____ of young people don't have a healthy diet. They eat too much fast food (4)_____ hamburgers and pizza and not enough fruit and vegetables. In the US, many children (5)_____ fast food regularly since they were very young. In fact, almost one-third of American children aged four to nineteen have been eating fast food (6)_____ all the time. They also don't (7)_____ exercise and spend too (8)_____ of their time watching TV, surfing the Internet or playing computer games.

So how can you change your habits if you have been following an unhealthy lifestyle for a long time? First, change your (9)_____ and eat more fruit and vegetables. Next, find an activity you enjoy. Why not try something different like rock climbing, surfing or hiking? Many young people have found that (10)_____ fit and healthy can be a lot of fun.

1. A. many B. much C. a lot D. plenty

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|-----|------------|----------------|---------------------|-----------------|
| 2. | A. healthy | B. healthily | C. unhealthy | D. unhealthily |
| 3. | A. Many | B. much | C. lots | D. very few |
| 4. | A. such | B. includes | C. like | D. as |
| 5. | A. eat | B. are eating | C. have been eating | D. ate |
| 6. | A. nearly | B. most | C. most of | D. for |
| 7. | A. play | B. make | C. do | D. bring |
| 8. | A. many | B. much | C. mostly | D. most |
| 9. | A. menu | B. ingredients | C. recipes | D. diet |
| 10. | A. become | B. becoming | C. became | D. to be become |

VII. 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 your 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 in high 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 article that _____.**
- A. you should join in a social network instead of going to 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

VIII. Complete the conversation about Vietnamese eating habits, using the responses (A – G) given. There are two extra ones.

- A. In Vietnam, I eat a bowl of soup for breakfast every morning.
- B. I know I feel a lot better while in Vietnam, and it is because of the better diet.
- C. I had a sandwich for lunch with a large dose of meat, a few vegetables, and of course a Coke.
- D. Last week, it was serve as one of the main dishes at the canteen.
- E. I may also eat a lot of bread, bacon, and a coke.
- F. We always have different fruits at lunch time and after dinner.
- G. For dinner, we have a large meat portion, including hamburgers and steaks.

Phong: What did you often have for breakfast in your country?

Nick: I often had a bowl of cereal for breakfast. (1)_____

Phong: Your breakfast was of high calories. And how about your breakfast in Vietnam?

Nick: (2)_____. Maybe it is beef soup, beef noodles or pho.

Phong: It is better for your health, Nick. How about lunch in your country?

Nick: (3)_____

Phong: In Vietnam, lunch usually consists of a meat dish and a main vegetable dish, along with rice, and vegetable soup at the end.

Nick: We often have that menu at our school canteen. (4)_____. Potatoes in various forms are often added to the dinner, and occasionally a vegetable.

Phong: Dinner here is lighter but it offers a variety of vegetables. I think it's better for our health. Anyway, have you ever tried fried silkworms?

Nick: (5)_____. I think it is very tasty and delicious.

IX. Write complete sentences about eating habits in Vietnam, using the words/ phrases given in their correct forms. You can add some more necessary words, but you have to use all the words given.

1. Vietnamese people/ consider/ combination/ yin/ yang/ cooking/ healthy.

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2. The salty food/ belong/ yang/ and/ sour and sweet one/ belong/ yin.

.....

3. In each meal/ everyone/ own bowl/ and/ dishes/ put/ middle.

.....

4. Therefore/ each one/ eat/ whatever they want/ and/ they/ not need/ eat what/ they dislike.

.....

5. The food/ meat/ sliced/ small pieces/ so that/ everyone/ take them easily.

.....

6. We/ eat/ only/ much food/ as body need.

.....

7. Moderation/ key/ any healthy diet/ and/ it/ also/ mean/ balance/ our diet.

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8. Cutting down/ your intake/ sugar/ or/ salt/ help/ you/ prevent/ several problems/ diseases.

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9. You/ eat/ only when/ you/ active/ during daytime/ and/ avoid/ eat/ night.

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10. If/ you/ work/ feel hungry/ you/ healthier snacks/ such/ fruits or vegetables.

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