



UNIT 5: FOOD AND HEALTH



PRACTICE

I. Listening

Listen to the conversation and tick the following statements are true (T) or false (F).

Statements	True	False
1. David loves cycling.		
2. David eats a lot of sweets.		
3. David has a healthy lifestyle.		
4. Ann is very lazy.		
5. There are some swimming pools in Ann's city.		

Listen again. Choose the correct answers.

- David _____ playing tennis.
A. doesn't like B. loves C. doesn't mind
- David usually eats _____ when he wants a snack.
A. crisps B. vegetables C. nuts
- David _____ fruit.
A. eats a lot of B. doesn't eat much C. never eats
- Ann likes _____.
A. playing volleyball
B. all sports
C. swimming
- Ann's favourite place for swimming is _____.
A. the swimming pool
B. the sea
C. the river

II. Circle the odd word out.

- A. juice B. orange C. lemon D. salad
- A. pork B. chicken C. beef D. lamb
- A. ice cream B. fish C. meat D. chicken
- A. pasta B. rice C. carrots D. noodles
- A. cheeseburgers B. soup C. sandwiches D. pizza
- A. orange juice B. milk C. cheese D. yoghurt
- A. melon B. pears C. grapes D. tomatoes
- A. coffee B. tea C. oil D. lemon juice
- A. crisps B. steak C. biscuits D. chips
- A. tea B. bag C. packet D. carton

III. Put the words with the underlines part into the correct column.

drink	fish	meet	people	crisps
sandwich	sweets	fizzy	chips	cheese
routine	easy	visit	clean	pizza
milk	meat	bean	cream	meal

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IV. Choose the word that does not have the same pronunciation of the underlined part as that in the rest.

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|--------------------------------|---------------------|-----------------------------|------------------------|
| 1. A. r <u>el</u> ax | B. t <u>yp</u> ical | C. w <u>ild</u> life | D. un <u>fit</u> |
| 2. A. b <u>ea</u> r | B. p <u>ea</u> | C. s <u>ea</u> | D. s <u>ea</u> t |
| 3. A. wr <u>es</u> tler | B. r <u>el</u> ax | C. d <u>i</u> sh | D. d <u>i</u> ssert |
| 4. A. s <u>ou</u> nds | B. wat <u>ch</u> es | C. p <u>o</u> tatoes | D. sm <u>i</u> les |
| 5. A. j <u>oi</u> ns | B. st <u>u</u> dies | C. m <u>i</u> xes | D. p <u>r</u> efers |
| 6. A. h <u>a</u> bit | B. f <u>i</u> zzy | C. M <u>i</u> neral | D. d <u>i</u> sease |
| 7. A. d <u>ee</u> p | B. r <u>ea</u> d | C. b <u>ea</u> n | D. h <u>ea</u> lth |
| 8. A. s <u>pe</u> ak | B. a <u>cti</u> ve | C. f <u>i</u> t | D. i <u>ng</u> redient |
| 9. A. sh <u>i</u> p | B. sh <u>ee</u> p | C. s <u>ne</u> ak | D. i <u>ng</u> redient |
| 10. A. d <u>i</u> sh <u>es</u> | B. g <u>o</u> es | C. m <u>i</u> ss <u>e</u> s | D. d <u>a</u> nces |

V. Choose the word that does not have the same stressed syllable as that of the rest.

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| 1. A. sandwich | B. pasta | C. sausage | D. dislike |
| 2. A. vegetable | B. unhealthy | C. burger | D. yoghurt |
| 3. A. machine | B. fizzy | C. salad | D. favourite |
| 4. A. vegetarian | B. vegetables | C. healthy | D. noodles |
| 5. A. thirsty | B. hungry | C. lazy | D. unhealthy |
| 6. A. active | B. tired | C. athletics | D. vegetable |
| 7. A. illness | B. unwell | C. healthy | D. tasty |
| 8. A. dissert | B. temperature | C. hungry | D. typical |
| 9. A. active | B. thirsty | C. enormous | D. different |
| 10. A. yummy | B. tuna | C. prefer | D. simple |