

TEST FOR UNIT 7

I. Choose the word whose underlined part is pronounced differently from the others.

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|------------------------|----------------------|-------------------------------|---------------------------------|
| 1. a. <u>s</u> taple | b. <u>h</u> abit | c. <u>g</u> rav <u>y</u> | d. <u>g</u> rat <u>e</u> |
| 2. a. fr <u>e</u> sh | b. <u>t</u> ender | c. <u>c</u> el <u>e</u> ry | d. <u>v</u> ersat <u>i</u> le |
| 3. a. sl <u>i</u> ce | b. mar <u>i</u> nate | c. spr <u>i</u> nk <u>l</u> e | d. wh <u>i</u> sk |
| 4. a. recip <u>e</u> s | b. prawn <u>s</u> | c. salad <u>s</u> | d. ingred <u>i</u> ent <u>s</u> |
| 5. a. <u>c</u> love | b. <u>c</u> urry | c. <u>c</u> el <u>e</u> ry | d. <u>c</u> abbag <u>e</u> |

II. Choose the word that has the main stress placed differently from the others.

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|--------------------|---------------|-------------------|------------------|
| 1. a. shallot | b. sprinkle | c. puree | d. recipe |
| 2. a. arrangement | b. nutrition | c. ingredient | d. versatile |
| 3. a. onion | b. lasagne | c. cucumber | d. marinate |
| 4. a. vegetable | b. sashimi | c. delicious | d. tomato |
| 5. a. unacceptable | b. individual | c. characteristic | d. irresponsible |

III. Draw falling or rising arrows at the end of each question.

- A: What should we do to keep fit?
B: You should eat more fruit and vegetables.
A: Fruit and vegetables?
B: Yes, they provide you with a lot of fiber and vitamins.
- A: Why do you look so tired?
B: I was sleepless last night.
A: You were sleepless? Are you worried about something?
B: Not really.
- A: What are you drinking?
B: Strawberry smoothies.
A: Strawberry smoothies? You don't like it, do you?
B: No, I do like it.
- A: Do you feel like eating out tonight?
B: We go out for dinner?
A: Yep. Where do you want to have dinner?
B: How about Maison Restaurant?
A: OK. Let's go.

IV. Choose the best answer a, b, c or d to complete the sentence.

- A healthy diet is essential _____ good health and nutrition.
a. of b. in c. for d. towards
- Then add some black pepper _____ the salad dressing.
a. to b. on c. in d. with

3. If you _____ food, you crush it so that it almost turns into liquid.
a. steam b. stir-fry c. grill d. puree
4. Adding a small _____ of salt to a cup of bitter coffee will help cut the bitterness.
a. pinch b. cup c. bag d. handful
5. You _____ feel more energized if you reduce your salt intake.
a. should b. may c. must d. would
6. A: Is there some butter I could use?
B: No, there isn't _____ butter, but some margarine.
a. some b. any c. little d. few
7. Too much salt can lead to high blood pressure; _____ puts us at risk of stroke.
a. what b. when c. which d. that
8. Recipes tell me to add one or two _____ of celery to a soup or stew.
a. cloves b. slices c. bunches d. sticks
9. 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
10. "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.

V. 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.

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

1. I don't like airplane food. It's so _____. (taste)
2. Don't _____ your food as this can lower the vitamin and mineral content, (cook)
3. 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)

VII. Mark the letter A, B, C or D to indicate that underlined part that needs correction in each of the following questions.

1. Adding nuts and seeds to an all-fruit diet is definite better than strictly eating fruit alone.
A B C D
2. Chicken breast is high on protein, but it's low in fat and calories.
A B C D
3. Typically, a home-cooked traditional Japanese meal consists rice, miso soup, pickled vegetables and fish or meat.
A B C D
4. The secondo is a small serve of fish, chicken or meat, and it's often grilled and served without sauce.
A B C D
5. Stop drinking or drink more soft drinks if you want to lose weight.
A B C D
6. Fast foods can supply many more calories that needed from one meal.
A B C D
7. Eating breakfast can upstart your metabolism, that helps with weight control, mood, and school performance.
A B C D
8. One of the main reasons teens have bad eating habits are because of their very busy schedules.
A B C D
9. Almost teenage girls used unhealthy eating habits like fasting, or skipping meals to control their weight.
A B C D
10. Teens hit fast food restaurants much more often than they do when they were younger.
A B C D

VIII. Match a sentence in column A to a response in column B.

- | A | B |
|---|--|
| 1. How many portions of fruit and vegetables should you eat each day? | a. Improved health and reduced illness. |
| 2. Why should we eat more vegetables? | b. It can lead to weight gain, and an increased risk of heart disease. |
| 3. What benefits are there in eating a balanced | c. 3 - 4 times a week. |

- BÀI TẬP TIẾNG ANH 9 - PHẦN BÀI TẬP 18

- diet?
- | | |
|--|---|
| 4. Can you eat healthy food and still be overweight? | d. Breakfast. It helps you focus at work or at school. |
| 5. How often do you eat fried food? | e. Five or more. |
| 6. How much water should you drink per day? | f. Yes. It depends on your portion sizes. |
| 7. What can eating too much sugar cause? | g. About 2 litres. |
| 8. What is the most important meal of the day? | h. Because they are simply packed full of minerals, nutrients and vitamins. |

IX. Choose the correct answers to complete the passage.

TEENS' EATING HABITS

Porscha Hall

I usually skip breakfast and have chips, cookies, candy and soda for lunch. I buy it from school (1) _____ machines. After school I often go to a take away restaurant for French fries, fried rice and egg rolls. Dinner at home tends (2) _____ much healthier - baked chicken and rice, grilled fish, salads... I know my mom would (3) _____ that I eat healthier meals, but the fact is that I don't have much time and junk food is often the quickest way to satisfy my (4) _____ when I'm on the go and that's common among busy teenagers.

Roy Patel

I am a big fresh fruit eater, (5) _____ is unusual, I admit, for a 15-year-old. I love citrus fruit, apples, nectarines, kiwi, and mango. I (6) _____ skip breakfast. For me it's the most important meal of the day. At school I only eat soup and sometimes an apple. I usually come home around 3 o'clock and I have a vegetable salad. I know I do this (7) _____ my parents' mealtime routines. When I eat out, I also try to choose (8) _____ dishes, but sometimes I can't resist some delicious desserts.

Adapted from "Profile 8, Texto Editores"

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|---------------|---------------|--------------|--------------|
| 1. a. cash | b. answering | c. drinks | d. vending |
| 2. a. be | b. to be | c. being | d. to being |
| 3. a. like | b. prefer | c. love | d. mind |
| 4. a. hunger | b. desires | c. serving | d. demands |
| 5. a. what | b. which | c. when | d. who |
| 6. a. always | b. almost | c. even | d. never |
| 7. a. because | b. in case of | c. thanks to | d. for |
| 8. a. healthy | b. tender | c. typical | d. versatile |

X. Read the text carefully, then do the tasks.

We need to eat to meet our nutritional needs, but people often make their food choices for reasons other than nutrition. The availability of foods and their cost, the taste and **appearance** of foods, personal food likes and dislikes, convenience, religious and cultural practices and traditions, health and medical conditions, etc. are reasons why people eat the foods that they eat.



The foods in people's diets around the world are very different from each other, but all good diets must **be composed** of a variety of different foods that provide all of the food energy and other nutrients in the amounts needed. For most people, a good meal will be based on a **starchy** food, sometimes referred to as a "staple" food, as it forms the basis or main **portion** of the meal, and a variety of other foods (side dishes) that provide the additional protein, vitamins and minerals needed for a good, healthy diet.

Staple foods are usually starchy carbohydrates such as rice, pasta, bread, couscous, maize (corn), potatoes, and foods made from wheat, rice, rye, barley or oats. The other foods eaten with the meal should include generous amounts of vegetables and fruits; good amounts of **legumes**; smaller amounts of meat, poultry, eggs or fish and milk and milk products, such as cheese and yoghurt. The greater the variety of side dishes served with the staple food, the greater the chance that all the needed nutrients are included in the meal.

A. Find the word or phrase in bold in the passage that means:

1. more than is necessary; large _____
2. containing a lot of starch which provides the body with energy _____
3. seeds in a pod, such as peas and beans _____
4. the way something looks _____
5. an amount of food for one person _____
6. relating to the substances in food that help you to stay healthy _____
7. consist of _____
8. the kinds of food that a person usually eats _____

B. Choose the best answers.

1. The text is mainly about _____.
 a. what we should eat to be healthy
 b. the careful food choices we need to make
 c. the different reasons we eat what we eat and a healthy diet
 d. eating habits and dining customs
2. According to the first paragraph, people tend to eat _____.
 a. the foods they like
 b. foods that are rich in nutrients
 c. more food than their body needs
 d. the foods that are unhealthy
3. A healthy, balanced diet consisting of several food groups provides _____.

- a. everything you need to satisfy your hunger
 - b. large quantities of protein
 - c. only a small amount of carbohydrate
 - d. all the required nutrients in proper amounts
4. What is a staple food?
- a. A food that plays an important role in a healthy diet.
 - b. A food that is high in nutrients but low in calories.
 - c. A food that makes up a significant portion of a person's diet
 - d. A food that provides a large amount of starch.
5. Which is not considered as a starchy carbohydrate?
- a. spaghetti b. fruit salad c. breakfast cereals d. toast
6. Which is not true about a healthy diet?
- a. Eat a variety of foods in proper amounts.
 - b. Make starchy foods the basic of most meals.
 - c. Eat plenty of fruit and vegetables.
 - d. Limit consumption of milk and dairy products.

XI. Write the second sentence so that it has a similar meaning to the first sentence. Use the word in capital.

1. I haven't made a birthday cake for my mom since 2016. (LAST)

2. They are going to build a new cinema on the site of the old library. (BUILT)

3. Attend the class regularly and you can pass the test easily. (IF)

4. The game was cancelled because it was raining heavily. (CALLED)

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

6. 'Are you waiting to be served?' the waitress said to me. (ASKED)

7. "Why don't you make cake in a pressure cooker?" Joana told me. (SUGGESTED)

8. Anne finished her homework then she read the book. (AFTER)

9. If I were you, I'd eat more fresh vegetables and less meat. (SHOULD)

10. I am so exhausted that I won't be able to go out tonight. (TOO)
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XII. Write a paragraph about your eating habit. Use the following questions as clues.

1. What do you have for breakfast/ lunch/ dinner?
2. Do you think you have good/ bad eating habits?
3. If you have bad eating habits, what should you do to be healthier?