

5. Fried foods and high fat desserts are very important in the developmental period of the youngsters.		
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Ex 24. Read the passage below and choose one correct answer for each question.

America's foods began to affect the rest of the world. American emphasis on convenient and rapid consumption is best represented in fast foods such as hamburgers, French fries, and soft drinks. By the 1960s and 1970s fast foods became one of America's strongest exports as franchises for Mc Donalds and Burger King spread through Europe and other parts of the world, including Russia and China. Traditional meals cooked at home and consumed at a leisurely pace _ gave way to quick lunches and dinners eaten on the run as other countries imitated American cultural patterns.

By the late 20th century Americans had become more conscious of their diets, eating more poultry, fish and vegetables, and fewer eggs and less beef. Cooks began to rediscover many world cuisines in forms closer to their original. In California, chefs combined fresh fruits and vegetables available with ingredients and spices borrowed from immigrant kitchens to create an innovative cooking style that was lighter than traditional French, but more interesting and varied than typical American **cuisine**. Along with the states wines, California cuisine took its place among the acknowledged forms of fine dining. 56. Fast foods such as hamburgers, French fries, and soft drinks

1. Fast foods such as hamburgers, French fries, and soft drinks _____
 A. are traditional meals of the US people.
 B. are popular because of their nutritious values.
 C. became more popular than meals cooked at home in China
 D. became popular with other European and Asian countries.
2. Which of the following is similar in meaning to the word **cuisine**?
 A. cooking B. style of cooking C. cookery D. cook
3. What is the main idea of the first paragraph?
 A. Americas cuisine used to have an influence on many countries.
 B. Fast foods became one of Americas strongest exports.
 C. Mc Donalds and Burger King are American food suppliers successful in Europe.
 D. Traditional meals cooked at home and consumed at a leisurely pace are not common in the US.
4. Which of the following statements is true?
 A. By the late 20th century, fast foods had lost their popularity in the USA
 B. Americans used to eat more poultry, fish, and fresh fruits and vegetables than they do now.
 C. Cooking styles of other countries began to affect Americas by the late 20th century.
 D. Fewer eggs and less beef in American diet made them fitter.
5. An innovative style of cooking was created in California _____
 A. to attract more immigrants to the state.
 B. and made the states wines well-known.
 C. by borrowing recipes from immigrant kitchens.
 D. by combining the local specialities with immigrants spices

Ex 26. Read the following passage and Circle A, B, C, or D to indicate the correct word or phrase that best fits each of the numbered blanks.**HEALTHY LIVING**