Do you want to feel **(1)** _____? Good eating habits can help! Eat a good **breakfast** every day. Try to eat many **(2)** _____ and vegetables. You should drink **(3)** _____ water, not too much soda. Also, remember to eat **(4)** _____ the same time every day. This simple routine is good for your body and your energy. Start today!

1.	A. strong	B. small	C. fast	D. cold
2.	A. Fruit	B. fruity	C. fruits	D. fruitfully
3.	A. Few	B. a lot of	C. many	D. a little
4.	A. on	B. in	C. from	D. at

❷

The Big Cooking Challenge!

Do you love **cooking**? Join our fun competition! It happens **(1)** _____ Saturday afternoon. We need good **(2)** _____ to join the challenge. You can show your best dishes and win great **(3)** _____! Bring your favorite ingredients and make a delicious meal for our judges. It is a great chance **(4)** _____ other food lovers! Sign up now!

1.	A. on	B. in	C. at	D. for
2.	A. tables	B. chefs	C. judges	D. plates
3.	A. prize	B. prizing	C. prizes	D. prizely
4.	A. to meeting	B. meet	C. to meet	D. meeting

Exercise 14: Read the following passage and mark the letter A, B, C, or D to indicate the correct word that best fits each of the numbered blanks.

❶

Pho might be Vietnam's (1) _____ famous dish, but **bun cha** is the top choice when it comes to lunchtime in Hanoi. It doesn't matter if you eat bun cha in a restaurant or a small cart on the street, you will be (2) _____ by a plate of vermicelli (**bun**), a bowl of broth with grilled pork and a (3) _____ of fresh herbs. The vermicelli and fresh herbs are pretty common in a Vietnamese restaurant. The broth and the pork are the ones that make this dish (4) _____. **Bun cha** sets often come with the delicious **nem cua be**– fried crab spring (5) _____. Still not convinced? It's what Obama ate during his night (6) _____ with Bourdain.

1.	A. most	B. the most	C. best	D. the best
2.	A. cooked	B. made	C. served	D. tried
3.	A. bottle	B. pot	C. bar	D. basket
4.	A. simple	B. comfort	C. specially	D. unique
5.	A. pieces	B. rolls	C. halves	D. slices

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6. A. Out B. in C. towards D. along

❷

Vietnamese people may (1) _____ to drink at coffee shops or pubs on weekdays (2) _____ their friends after work. Some of (3) _____ invite their friends to drink at their homes on weekends. In the past, the Vietnamese usually (4) _____ home-made alcohol such as "ruou gao" or "ruou de". Then, they started to drink beer or imported wines.

Vietnamese people know about the damage of drinking alcohol, but they still drink. More Vietnamese people (5) _____ their free time outside their homes such as cinemas, theatres or coffee shops. The number of places for entertainment has increased in big cities. However, more young people use their free time to study or attend clubs or centres for improving (6) _____ such as communications, presentation and team working.

1. A. go B. go out C. go on D. go away
2. A. For B. of C. with D. to
3. A. Him B. them C. her D. they
4. A. drink B. drinking C. to drink D. drank
5. A. spend B. take C. come D. waste
6. A. knowledge B. skills C. experience D. memory

Exercise 15: Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions.

❶

Vietnamese cuisine is **unique**. **It** balances five tastes: spice, sour, bitter, salt and sweet. According to Vietnamese tradition, each of the tastes corresponds with an organ of the body. Cooks also try to include five types of nutrients – powder, water, minerals, protein and fat, as well as five colors – white, green, yellow, red and black – in each dish. Therefore, the dishes are balanced and colorful, attractive to both the eye and the tongue. There is also a balance between "heating" and "cooling". Duck meat, for example, is considered cool, and is thus served in summer with ginger, which is considered warm. Chicken, on the other hand, is a warm food, so it's usually eaten in the winter, and served with a sour sauce, which is considered cool.

1. The word "**unique**" in line 1 is closest in meaning to _____

A. Common B. Strange C. special D. simple

2. Which of the following is NOT one of the five tastes mentioned in the passage?

A. Sweet B. salt C. spice D. salty

3. The word "**It**" in line 1 refers to _____.

A. A dish B. Vietnamese cuisine C. The body D. An organ

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4. What is the reason for serving chicken, a "warm" food, with a sour sauce?

A. To make the chicken more colorful. B. To make the dish sweeter.

C. To create a balance with a "cool" ingredient. D. To replace the missing salt.

5. What is the purpose of including five colors in each Vietnamese dish?

A. To make the dishes boring. B. To make the dishes balanced and attractive.

C. To replace the five types of nutrients. D. To make the dishes taste better than they look.

❷

Vietnamese food culture **varies** by regions from the north to the south. In Northern Vietnam, food is characterized by light and balanced. Northern Vietnam is seen to be the cradle of Vietnamese cuisine with many notable dishes like Pho, Bun Rieu, Bun Thang, Bun Cha, Banh Cuon, etc. Then, food culture in Northern Vietnam became popular in Central and Southern Vietnam with suitable flavors in each region.

The regional cuisine of Central Vietnam is famous for its spicy food. Hue cuisine is typical Central Vietnam's food culture. Food in the region is often used with chili peppers and shrimp sauces, namely, Bun Bo Hue, Banh Khoai, Banh Beo, etc.

In Southern Vietnam, the warm weather and fertile soil create an ideal condition for planting a variety of fruit, vegetables and livestock. Thus, food in the region is often added with garlic, shallots and fresh herbs. Particularly, Southerners are favored of sugar; they add sugar in almost dishes. Some signature dishes from Southern Vietnam include Banh Khot and Bun Mam.

1. What does the word "**varies**" in the passage mostly mean?

A. stays the same B. changes C. stops D. grows

2. Which of the following is NOT true according to the passage?

A. The South has warm weather and fertile soil.

B. Central Vietnam is famous for sweet food.

C. Pho is a notable dish from Northern Vietnam.

D. Northern food culture became popular in other regions.

3. What is the typical flavor characteristic of Hue cuisine in Central Vietnam?

A. Light and balanced B. Sweet C. Salty D. Spicy

4. What do Southern Vietnamese people particularly favor and add to almost all their dishes?

A. Chili peppers B. Shrimp sauces C. Sugar D. Garlic and shallots

5. What is Northern Vietnam considered to be for Vietnamese cuisine?

A. The most modern area. B. The cradle.

C. The place for spicy food. D. The area with the most livestock.

Exercise 16: Four phrases/sentences have been removed from the text below. Choose the correct answer to complete the text. Write only the letter A-D in each blank.

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❶ People in my area usually eat three meals a day, including breakfast, lunch and dinner. **(1)**_____ For breakfast, they enjoy eating dishes like Pho (noodle soup), sticky rice or bread and so on. **(2)** _____ Lunch often includes rice, meat, fish, vegetables, and soup. **(3)** _____ People have dinner between 7:00 to 8:00 p.m. Dinner has similar foods to lunch and some other types of food like chicken and seafood. **(4)** _____ Many people love to eat fresh fruits and drink tea after dinner.

A. Dinner is the main meal of the day.

B. People often have lunch from 12:00 to 1 p.m at their office or school.

C. They usually have breakfast before 8 o'clock.

D. People often gather around the table and share dishes with their family or friends.

❷ There are many delicious dishes in Vietnam, but one of my favorite dishes is **Banh Mi** which originate from Ho Chi Minh city. **(1)** _____ is the most popular street food in Vietnam because of its convenience, deliciousness and the full of nutrients. **(2)** _____ such as pork, fried eggs, pate, cucumber, green onion, butter and chili sauce. All of these create a unique flavor of this dish. **(3)** _____ Today, Vietnamese sandwich is not only common in Ho Chi Minh city, but it is also very popular in other cities in Vietnam. **(4)** _____ I am a huge fan of this dish and I can eat it everyday.

A. People can buy this dish very easily on the Vietnamese streets.

B. The components of Vietnamese sandwich are very diverse

C. Banh Mi called "Vietnamese sandwich"

D. Vietnamese sandwich is served as an ideal breakfast and light snack.

- **WRITING**

Exercise 17: Reorder the words and phrases to make sentences

1. are/ There/ vegetables/ and fruit/ some/ in/ kitchen/ the/. □

□ There _____

2. How/ is/ much/ bowl/ of/ a/ beef noodles soup/?

□ How much _____

3. hometown/ your/ "bánh xèo"/ popular/ Is/ in/?

□ Is _____

4. a great source/ Cooking blogs/ of/ information/ are/ recipes/ about/.

□ Cooking blogs _____

5. making/ people/ enjoy/ Some/ at/ their own meals/ home/.

□ Some people _____

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