Unit 7

Recipes and Eating Habits

1. 	a. peas b. green beans c. eggplant d. bell pepper	2. 	a. cucumber b. tomato c. mushroom d. broccoli
3. 	a. roll b. smash c. peel d. wrap	4. 	a. grill b. fry c. steam d. boil
5. 	a. onion b. celery c. spinach d. broccoli	6. 	a. cabbage b. cinnamon c. mint d. salad
7. 	a. roast b. stir c. roll d. pour	8. 	a. sprinkle b. marinate c. whisk d. grate
9. 	a. radish b. lemon c. strawberry d. tomato	10. 	a. mint b. ginger c. garlic d. cinnamon
11. 	a. salt b. onion c. turmeric d. hot pepper	12. 	a. sauce b. mayonnaise c. salt d. soup

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Ex VIII: Match the words with their definitions

1. ingredient		a. to cook food, especially meat, without a liquid in an oven or over a fire
2.sprinkle		b. sweet food eaten at the end of a meal
3. mixture		c. very good for your health
4. roast		d. shake a small pieces of something or drops a liquid on something
5. recipe		e. having allergy to something
6. dessert		f. how food or drink tastes
7. liquid		g. one of the things from which something is made
8. flavor		h. a substance that flows freely and it is not a solid or gas
9. nutritious		i. a combination of different things
10. allergic		j. a set of instructions that tells you how to cook something

Ex IX: Choose the best answer

1. I love this salad because it is .....but delicious.

A. simple B. salty C. sour D. bitter

2. Can you please get a big .....and wash the tomatoes for me?

A. knife B. bowl C. spoon D. fork

3. People in my country often .....salad as a starter of every meal.

A. eat B. have C. make D. serve

4. You should be .....if you use this new knife. It is quite sharp.

A. flexible B. helpful C. careful D. slow13

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5. What do you often call a light dish served as the first .....of a meal?

A. thing B. part C. sort D. kind

6. It is a dish of meat or vegetables,..... in a spicy sauce, often served with rice.

A. prepared B. combined C. cooked D. eaten

7. If you want to .....a good health, you should eat more vegetables and less fatty foods.

A. maintain B. give C. reduce D. improve

8. Can you .....the butter on this slice of bread for me?

A. slice B. spread C. whisk D. sprinkle

9. I am .....to seafood as my skin turns red when I eat it.

A. versatile B. bored C. allergic D. sick

10. As my brother likes eating .....food, he often adds hot peppers to his food.

A. salty B. spicy C. chilly D. sweeta

Ex XI: Fill in the gap with a word given in the box

higher	changing	salty	steams
peel	colorful	starter	cook

1. Jack is considering .....his eating habits as he is putting on a lot of weight.
2. We usually have a .....before having the main course.
3. My mother usually .....fish because she doesn't like oil.
4. I love eating fruit which are easy to .....such as bananas and mandarins.
5. My mother is a good .....as she knows how to make delicious dishes for our family.
6. The prices in these restaurants are much .....than any other places in the local area.
7. My children don't like this .....dish.
8. The customers are excited to see how the .....dishes are arranged according to a traditional pattern.

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