













YOUR NAME: _____

YOUR CLASS: _____

UNIT 7 – PRACTICE

I. Type a correct word under each picture.

II. Choose one option to complete each sentence.

1. She usually eats fat-_____ food because she's trying to lose weight.
A. rich B. balanced C. high D. free
2. Have you got the _____ for that curry? I'd like to know how to make it.
A. ingredients B. recipe C. menu D. nutrition
3. Do you like eating vegetables _____ or cooked?
A. fresh B. chopped C. junk D. raw
4. The food we ate was _____ quality and highly overpriced. It was very disappointing.
A. weak B. small C. poor D. little
5. My diet _____ of eating small portions of all the foods I like.
A. contains B. consists C. includes D. insists