YOUR NAME: _____ ENGLISH 9 UNIT 7

YOUR CLASS: _____ READING 1

I. Fill in each gap in the passage with ONE suitable word.

Vietnamese Cooking Habits

seafood	one	available
home	maintain	Although
generations		choose

The Vietnamese prefer fresh foods, and will rarely (1) _____ ready-made or frozen food. Since Viet Nam is an agricultural country, there are many kinds of vegetables and fruits (2) _____Viet Nam also has a long coastal line, which means there are many kinds of (3) _____available.

Vietnamese households also prefer cooking and eating at (4) _____. As Viet Nam is originally an agricultural country, its culture is a community (5)_____. Therefore, a family may have several (6) _____ , and meals are family affairs. (7)_____they may eat out with their friends after work to (8)_____ those relationships, they still join their families' meals later in the evening.

II. Read the following passage and choose the correct answers.

Healthy foods are good for you! They help your body grow. They also give you energy to work and play.

How do you know which foods to eat? Follow the food pyramid. Use it to make good choices.

Grains

The grains group gives you energy. Make sure at least half the grains you eat are whole grains. Eat brown rice, oatmeal, and popcorn. Try whole-wheat bread instead of white bread.

Vegetables

Colour your plate with all kinds of veggies. They help your heart, eyes, ị skin, and teeth. Experts say to eat a rainbow of colours. Each colour helps the body in a different way. Much on carrots, com, and broccoli.

Meat and Beans

The meat and beans group is high protein. That helps build strong muscles. Eat fish, chicken,

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lima beans, and nuts.

Fruits

Fruits are nature's treats. They are sweet and tasty. They help your heart, eyes, skin, and teeth too. Eat a variety of colours. Try an apple or a banana. You can also mix pieces of different fruits to make a salad.

Milk

Have milk and foods made with milk. Those foods are high in calcium. Calcium builds strong bones.

Foods made with milk can be high in fat. Try: low-fat milk, yogurt, and cheese.

Oils

Your body needs only a little oil to keep it healthy. Some foods that have oils are nuts, tuna fish, and salad dressing.

1. What food group mentioned in the article builds muscles?

A. Meat and beans B. Vegetables C. Grains D. Fruits and oils

2. Which of the food groups does your body need at least amount of?

A. Grains B. Vegetables C. Fruits D. Oils

3. If your bones are weak, what should you eat or drink more of?

A. Whole grains B. Milk and milk products

C. Meat and Beans D. Nuts and tuna fish

4. What is the passage mainly about?

A. The method of mixing different fruits to make a salad.

B. Vegetables help your heart, eyes, skin, and teeth.

C. Eating meat and chicken gives you more protein.

D. The various food groups and the benefits of eating well.

5. Which of the following statements is NOT true?

A. Whole-meal bread is better than white bread.

B. You should eat more broccoli and corn and carrot.

C. Milk products are high in calcium and low in fat.

D. Fruits are important for your heart, eyes, skin, and teeth.

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