UNIT 7 RECIPES AND EATING HABITS

I. Put the words into the correct columns.

celery, simmer, prawn salad, chop, stew, bake, purée, pork, boil, curry, marinate, stir-fry, pumpkin, sprinkle, grill, sashimi, fry, mushroom, slice, roast, steam, lasagna, peel, fajitas, avocado, Cobb salad, beef noodle soup, beef, mango sticky rice, deep-fry, bacon, spread, steak pie, cabbage, dip, tomato, whisk, garlic, pizza, shallot

Preparing	Cooking	Ingredients	Dishes

III. Choose the best answers to complete the sentences.

1. A _____ is the largest or the most important part of a meal consisting of several dishes.
   A. dessert B. starter C. main course D. supper
2. This website is a cooking blog with hundreds of healthy and easy ___ for the home cook.
   A. menus B. recipes C. ingredients D. table manners
3. Do you know how to make a perfect omelette? - Mine is either _____ or underdone.
   A. hard-boiled B. undercooked C. tender D. overcooked
4. Please help me to wash those tomatoes and cut them into _____ if you don't mind.
   A. layers B. strips C. slices D. cubes
5. The boiling point of water is 100°C under normal pressure and a hard-boiled egg takes about 7 minutes to _____.
   A. steam B. simmer C. stew D. cook
6. The cook said no liquids should be ____ with meals because they interfered with digestion.
   A. served B. cooked C. prepared D. made
7. _____ is a Mexican dish of meat and vegetables cut into strips, cooked, and wrapped inside a thin, round bread.
   A. Fajitas B. Cobb salad C. lasagna D. curry
8. What do you want me to do with the eggs? - Add a teaspoon of sugar to it and _____ the mixture.
   A. purée B. whisk C. smash D. grind
9. _____ refers to a type of highly seasoned sausage, originally from Italy, usually eaten cold in slices.
   A. Sashimi B. Salami C. Sushi D. Pizza
10. Why do you have to _____ the soup, Mom? - To prevent the beans from sticking to the bottom.
    A. dip B. drain C. spread D. stir

I. Fill in each blank with *a, an, some* or *any*.

Mr Johansen advised my mother to go on (1) _____ diet because she needed to lose (2) _____ weight. Everyday, she had to practice her eating strictly.

For breakfast, she had (3) _____ cup of tea and (4) _____ orange or (5) _____ banana. She could have (6) _____ loaf of bread and jam, but she did not have (7) _____ butter.

For lunch, she had (8) _____ big salad, (9) _____ fish, and (10) _____ apple. She did not have (11) _____ rice.

For dinner, she just had (12) _____ soup and (13) _____ strawberries. She was not allowed to eat (14) _____ candy and (15) _____ muffins.

II. Fill in each blank with a phrase from the box.

a stick of	a dozen of	a clove of	a teaspoon of	a bar of
a pinch of	a loaf of	a head of	a bowl of	a bunch of

1. As Jonathan has a bad cold, he has eaten nothing but _____ porridge.
2. Have you ever heard people recommend _____ garlic a day to prevent illnesses?
3. Everyone loves chocolate, but not everyone is aware of the ingredients in _____ chocolate.
4. I usually send her a greeting card, together with _____ flowers at Christmas.
5. Emily brewed some tea and found half _____ bread, some butter and cheese.
6. What will happen if I eat _____ honey every day for a year?
7. There's nothing in the fridge but _____ cabbage and a few eggs.
8. There's a big pot on the stove and _____ bowls and spoons in the kitchen sink.
9. You should add _____ salt to the water to prevent eggs from cracking while boiling.
10. _____ celery is just five calories, which is about the same energy you need to eat it.

III. Choose the best answer to complete the sentences.

1. If you like spicy food, you _____ try Thai food and Korean food.
   A. would B. won't C. can D. shouldn't
2. You _____ feel better if you change how and what you eat in all meals.
   A. may B. can't C. should D. must
3. The pasta _____ be cooked separately; otherwise, it thickens and ruins the soup.
   A. will B. must C. might D. can
4. What foods _____ I eat if I have diabetes? - I don't know, but you _____ eat sugary food.
   A. may - can B. might - must C. must - can't D. can - mustn't
5. If you _____ breakfast at 7 am, you _____ lunch between 11 am and noon.
   A. should eat - can eat B. could eat - ate C. eat - should eat D. ate - shouldn't eat
6. Nutritionists say if someone _____to maintain or lose weight, then they _____ eat after 7 p.m.
   A. doesn't want - mightn't B. wants - must
   C. doesn't want - could D. wants - shouldn't
7. If you want a truly special dish, you ____ make the effort to prepare all of the ingredients.
   A. must B. won't C. mightn't D. shouldn't
8. It _____ hard to beat the egg white into the consistency needed if there _____ some grease in the bowl.
   A. would be - is B. will be - is C. is - may be D. could be - might be
9. You _____ get a free dish of chilli-marinated crab in this restaurant if you _____ on the right day.
   A. must - come B. might - come C. may - came D. should - can come
10. If the patients are thirsty, they ____ drink plain water, but it _____ contain additives.
    A. can - won't B. should - can C. must - should D. may - mustn't

LIVEWORKSHEETS