

## UNIT 7 RECIPES AND EATING HABITS

### IV. Choose the word or phrase that needs correction.

- When you can, drink water after meals to help wash away many sugar left on your teeth.  
A B C D
- If you don't like raw vegetables, the tomatoes and cucumbers can cook in the soup.  
A B C D
- You must pasteurize the sauce by boiling it before bottle if you want your sauce to last for a length of time.  
A B C D
- Would you like any more bread and butter? - Yes, a loaf of bread and a teaspoon of butter please.  
A B C D
- You will only need a clove of broccoli, olive oil, and your seasoning of choice for this roasted broccoli recipe.  
A B C D
- To make this cocktail, we mix up a handful of peas and basil with simply syrup, creating the mildly sweet base.  
A B C D
- Those people were in miserable situation and any food would be better than anything at all.  
A B C D
- You shouldn't use out-of-date food even if the food doesn't look fine because it might contain harmful bacteria.  
A B C D
- If the batter has a lengthy rest period and then is stirred before portioning, it would affect the texture of the final cupcake.  
A B C D
- On average, every person on Earth currently consumes 43.5 kilograms meat per year.  
A B C D

### I. Read the passage and do the tasks.

#### Eat healthy food

It's important for people to eat as much as they need to give them energy. If they eat too little food or the wrong food they won't have enough energy. If they eat too much, they will need to do more exercise; otherwise they will **put on** weight. When we eat the correct quantity of food for the exercise we take, we call this the energy balance.

Fat is very high in **calories**, and so is no help at all in keeping energy balance. Fat has also been linked with heart disease, and many experts believe that eating less would help to reduce it.

Sugar isn't good for the energy balance either. The only value of the **diet** is to provide energy, and you can get that from other foods. There's no doubt that too much sugar makes you fat and it doesn't do your teeth much good either.

**Fibre**, on the other hand is something that we eat too little of. One of the simplest ways of eating more fibre is to eat more bread, particularly whole meal, granary, or high fibre bread. It's a good, cheap source of fibre and **nutrients** without too many calories.

Potatoes are good, too. Like bread, they are underrated, but they're excellent for filling you up without making you fat, especially if you don't cover them with butter or fry them in fat.

So eat less fatty food (sweets, chocolate, pudding cakes, jam) and eat more fibre foods (bread, potatoes, pasta, fresh fruit and vegetables).

#### Decide whether the following statements are TRUE or FALSE.

- People won't need to do exercise if they eat too much. \_\_\_\_\_
- Eating too much and refusing to exercise might result in gaining weight. \_\_\_\_\_
- Eating less fat would cause heart attacks. \_\_\_\_\_
- Sugar provides energy, but it could cause obesity and hurt your teeth. \_\_\_\_\_
- Fibre foods are good for energy balance. \_\_\_\_\_

#### II. Write the second sentence so that it means the same as the first one.

- This is the last time I go to this restaurant.  
I'll \_\_\_\_\_
- What is the weight of this bag of rice?  
How \_\_\_\_\_?
- James couldn't eat the soup because it was too hot.  
The soup \_\_\_\_\_
- If you keep eating fast food, you will gain weight.  
Unless you \_\_\_\_\_
- Jessica said to me, "Would you like a glass of orange juice?"  
Jessica invited \_\_\_\_\_
- Janet is the fastest learner in her cooking class.  
No one else \_\_\_\_\_
- When did he start his career as a cook?  
How long \_\_\_\_\_?
- Robert said, "Let's have some Italian food tonight."  
Robert suggested \_\_\_\_\_
- John finally managed to prepare dinner for the whole family.  
John finally succeeded \_\_\_\_\_
- Since the invention of coffee mixing machine, bartenders have saved lot of time.  
Since the \_\_\_\_\_