TEST 1 (UNIT 7)

I. Find the word which has a different sound in the part underlined.

1. **A.**grate **B.**staple **C.**marinate **D.**shallot
2. **A.**versatile **B.**slice **C.**sprinkle **D.**combine
3. **A.**sprinkle **B.**drain **C.** tender **D.**garnish

II. Choose the word which has a different stress pattern from the others.

4. **A.**recipe **B.**tablespoon **C.**ingredient **D.**benefit
5. **A.**avocado **B.**traditional **C.**ingredient **D.**significant

III. Choose the best answer A, B, C or D to complete the sentences.

6. Moderation doesn't mean_____the foods you love.
   A.to eliminate **B.**eliminating **C.**to prevent **D.**preventing
7. Studies suggest_____only when you are most active and giving your digestive system a long break each day.
   A.to eat **B.**being eaten **C.**eating **D.**being eating
8. Your body uses calcium to build healthy bones and teeth,_____them strong as you age.
   A.remain **B.**care **C.**continue **D.**keep
9. If you eat too quickly, you may not_____attention to whether your hunger is satisfied.
   A.pay **B.**take **C.**keep **D.**show
10. Common eating habits that can lead to_____are: eating too fast, eating when not hungry, eating while standing up, and skipping meals.
    A.gain weight **B.**weight gain **C.**put on weight **D.**be heavy
11. Keeping a_____for a few days will help you discover your bad eating habits.
    A.diary **B.**personal **C.**food diary **D.**report
12. You may have had certain eating habits for so long that you do not_____they are unhealthy.
    A.recognize **B.**realize **C.**understand **D.**tell
13. If children don't play sports, they_____sleepy and tired.
    A.would feel **B.**will feel **C.**would have felt **D.**had felt
14. If parents don't cook at home, their children_____more fast food.
    A.have **B.**would have **C.**may have **D.**had had
15. If you eat a lot of fruit, you_____health problems.
    A.have **B.**may have **C.**had **D.**will never have

LIVEWORKSHEETS