

TEST 1 (UNIT 7)

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

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| 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.

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| 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