

## 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 <u>l</u>	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