Period 14 LISTENING PRACTICE + GENERAL PRACTICE OF UNIT 7

A. LISTENING PRACTICE

Ex 1. Listen and write T (True)/ F (false) for each statement. (EHGA-11)

No.	Statement.	T/ F
1.	2016 has been a successful year for Vietnam's economy	
2.	US President Barack Obama paid a visit to Vietnam in May, 2016	
3.	Vietnam and US normalized relations in 1999	
4.	Prime Minister Nguyen Xuan Phuc visited China in October, 2016	
5.	The visit of the Prime Minister to China has a purpose of maintaining fruitful and bilateral relations despite the differences between Vietnam and China.	

Ex 2. Listen and complete the passage. (EHGA-12)

Consolidating close bonds with neighbors.

Strengthening (1) ..... with partners and neighboring countries continues to be a (2)..... of Vietnam's external affairs. Vietnam consistently treasures its (3)..... friendship, special solidarity, and comprehensive cooperation with Laos, considering them invaluable assets. Party leader Nguyen Phu Trong stated: " The Vietnam- Laos special (4)..... has become more crucial than ever, given complicated (5)..... around the world. Vietnam and Laos have been doing their utmost to make this relationship last forever"

Ex 3: You will hear an interview with a singer called Nick Parker who plays in a band called Krispy with his sister Mel.

For eacn question, choose the correct answer A, B or C.

1. When Nick and Mel were younger, ...

A. they studied music at school.

B. their father took them to live concerts.

C. their mother encouraged them to play music.

2. When Nick and Mel started writing .....

A. disagreed about the style they music together, they should have.

B. didn't want to be the same as other bands.

C. were influenced by different kinds of music.

3. The band Krispy was started after .....

A. Nick began studying at music school.

B. two other musicians heard Nick and Mel playing.

C. Nick and Mel advertised for the band members.

4. In the band's first year together,

A. concert audiences liked their music.

B. they signed a recording contract.

C. their national tour was very successful.

5. What does Nick say about life in

A. The older members look after him the band today? and Mel.

B. He's pleased to have the chance to travel.

C. There's no opportunity for them to relax together.

6. What disappointment has the band had?

A. They haven't yet had a number one single.

B. Their first album sold under a million copies.

C. A health problem delayed their album recording.

B. GENERAL PRACTICE OF UNIT 7

LIVEWORKSHEETS

III. Fill each blank with a word/phrase in the box.

spread	***chop***	***slice***	***dish***	***curried***
onion	***ingredients***	***bread***	***cheese***	***pizza***

1. If you don't want to put on weight you should eat less_____, rice and fat.
2. Here are the_____of making this salad: prawns, spring onions, celery, lemon juice, pepper and mayonnaise.
3. I'd like to make a prawn salad today. Can you help me to_____the celery and spring onions?
4. Please wash these cucumbers carefully, peel them and_____them thinly.
5. If you want to eat bread more tasty, please_____the butter on each slice and put them into the oven for a few minutes.
6. What do we need to make a pizza? - Oh, that's a pizza base, some cheese, some bacon, _____, and an apple.
7. If you like spicy food, you should try this_____chicken. My mother cooks it very well.
8. What is the_____of small cakes?

- Oh, it's sushi. It's healthy food because it consists of cold cooked rice, flavoured with vinegar and raw fish and avocado.

9. You can try this seafood_____. It includes fish, squid, and shrimp.
10. You mustn't put_____in this dish if you want to follow the traditional recipe.

VII. Read the passage and choose the correct answer to complete each of the following sentences:

Worst effects of fast food

Fast food can be defined as any food that contributes little or no nutrient value to the diet, but instead provides excess calories and fat. Fast food can a good way to save time, but it is not the (1)_____ way for nutrition because it can have negative effects (2) _____ our health.

Obesity

Obesity means having too much body fat. Fast food is high (3)_____ calories and sugar that contribute to increased-weight gain. Even small amount of fast food can (4)_____ your calorie intake considerably. Fast foods are less (5)_____ to eat fruits, vegetables, milk etc. This change in eating habits can easily lead to obesity.

Heart disease

Eating fast food four (6)_____ more times a week can increase the risk of dying from heart disease because of the high (7)_____ of saturated or trans fats found in much of the food. Those fats can clog the arteries and, over time, (8)_____ to high cholesterol levels.

Type 2 diabetes

This type of diabetes is often caused by (9)_____ lifestyle choices, such as being overweight and not being physically active. There is a side effect to consuming frequent amounts (10)_____ fast food 'obesity' which can lead to the development of diabetes.

1. A. similar	B. proper	C. typical	D. sticky
2. A. on	B. for	C.of	D. to
3. A. for	B. in	C. of	D. to
4. A. decrease	B. rise	C. increase	D. complete
5. A. able	B. likely	C. likable	D. possible
6. A. either	B. but	C. and	D. or
7. A. level	B. number	C. lots	D. portion
8. A. contribute	B. build	C. manage	D. result
9. A. healthy	B. good	C.poor	D. rich

LIVEWORKSHEETS

10. A. to B. of C. for D. on

VIII. Read the passage and decide whether the statements are true (T) or false (F).

Breakfasts around the world

In Russia, breakfast is a big meal. Many people eat black bread or blinis - a kind of pancake. Sausages, fried eggs and cheese are typical accompaniments. Some Russians eat a cereal called kasha. This is usually eaten hot with a soft cheese or sour cream, rather than milk. The most popular drink is very strong black tea.

In China, people eat breakfast very early in the morning. Dishes are different in every region, but the meal is usually similar to lunch or dinner - rice with vegetables or meat, pancakes, soup, and noodles. The Chinese do drink a lot of tea, but the don't usually drink tea with breakfast.

Breakfast isn't a big meal in Greece. Most people start the day with a coffee, which is usually served black, in tiny cups, with or without sugar. They may have something small to eat as well such as fresh fruit and yogurt, or a grilled roll. More common, however, is the Greek custom of a midmoming kolatsio or snack - often a pastry or bread with meat or cheese.

The Australian breakfast is very similar to breakfast in the U.K - bacon, eggs, toast with butter and jam, cereal with milk, and tea or coffee. There are, however, some very Australian additions, such as toast with Vegemite, a black salty spread, or tropical fruits.

1. ..... Some Russian people eat hot cereal with milk.
2..... Chinese people eat similar dishes for breakfast, lunch and dinner.
3..... It is common for Chinese to have tea with breakfast.
4..... People in Greece don't have a light breakfast.
5..... Australian breakfast is similar to that in Britain.

IX. Complete the second sentence in each pair so that it has similar meaning to the first sentence.

1. If you cook the vegetables too long, the vitamins in it will be destroyed.
→ Cooking .....
2. They are preparing your food right now.
→ Your .....
3. Follow these safety instructions or you may get burnt.
→ If you .....
4. I suggest having spaghetti and pizza tonight.
→ Let's .....
5. My aunt has never tasted sushi before.
→ This is .....
6. You need to peel the onion and slice it.
→ The onion _.....
7. Eating healthy foods is very important.
→ It is .....
8. The rice must be cleaned before cooking.
→ You.....
9. They think the café will be busy all year.
→ The .....
10. It's necessary to order the paella in advance.
→ The paella needs .....

LIVEWORKSHEETS