

46 Food

How much do you know about food? Answer the questions in this quiz.

0 Which of these words means *to reduce food to small shreds by rubbing it along a rough or sharp surface?*

A chop **B** grate C dice D slice

1 Which of these cooking methods is the healthiest way of preparing food?

A fry B boil C roast D bake E steam F barbecue

2 You should always **swallow** food before you **chew** it.

A True B False

3 What do we call someone who **doesn't eat meat**?

4 Which of these words means *to drink slowly?*

A gobble B sip C gulp D slurp

5 Choose the correct word in the following sentence.

My mother has a wonderful **receipt** / **recipe** / **recite** for roast chicken.

6 Eggs, cheese and milk contain a lot of **vitamin C**.

A True B False

7 To **eat a balanced diet** and to **go on a diet** have the same meaning.

A True B False

8 Rearrange these letters to form a word which gives the name of a substance which is found in food like meat and eggs, and which helps your body to grow and stay healthy: **noprtie**

■ Foods which are high in **fibre** and low in **fat** are better for you.

A True B False

10 Which of the following is most important for the development of healthy bones and teeth?

A calcium B carbohydrates C cholesterol D calories

11 What is the difference between the following expressions?

A to **cut down on** something B to give something **up**

■ Complete the following sentences with an appropriate preposition.

I can't eat this meat. It's gone _____.

I don't want to eat at home tonight. Let's eat _____.

I'm fond _____ Mexican food.

She invited me _____ dinner.

I prefer eating at restaurants _____ eating at home.

What are we having _____ lunch?

■ From the list of foods below, choose ones which are: **sweet / salty / hot and spicy / sour / bland or tasteless / bitter / fresh / stale**

A curry _____

E sugar _____

B boiled rice _____

F a packet of peanuts _____

C a new loaf of bread _____

G a lemon _____

D an old loaf of bread _____

H dark chocolate _____