

CENTRO DE LENGUAS EXTRANJERAS

LEVEL: 5	NUTRITION	1º PARTIAL	Book 1 Units 1-7
VOCABULARY TEST			

DO NOT ANSWER HERE. USE THE ANSWER SHEET!

Choose the best option.

1 Fish is rich in vitamins and ..., but low in fat, so it's popular among people who watch their weight.

A carbohydrates **B** starches **C** minerals

2 Antioxidants help the body develop the ... to resist and fight disease.

A immunity **B** stress **C** capability

3 Nutritious fruit and vegetables help ... immunity.

A boost **B** provide **C** include

4 Peeling ... can cause eyes to sting.

A onions **B** apples **C** potatoes

5 The farmer ... barley which he sold to the local brewery to make beer.

A contained **B** comprised **C** cultivated

6 Amino ... combine with other substances to form proteins.

A minerals **B** acids **C** vitamins

7 ... with milk is probably the most popular breakfast food.

A Rice **B** Cereal **C** Corn

8 There's a small ... farm nearby, which sells some of the best tasting chicken and duck.

A beef **B** protein **C** poultry

9 ... meat is animal flesh without fat.

A Lean **B** Vital **C** Muscular

10 Sam prefers his steak ...; he can't stand the taste of blood in it.

A rare **B** medium **C** well-done

11 The ... organs of animals are more nutritious than the flesh.

A stored **B** main **C** vital

12 The egg ... consists mainly of water and protein.

A white **B** yolk **C** shell

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13 ... chicken is quite delicious, but it's very unhealthy as it retains a lot of fat.

A Grilled **B** Fried **C** Skewered

14 ... means cooking food in the oven.

A Stewing **B** Roasting **C** Skewering

15 Poultry is a very popular choice of food with a lot of dietary

A contents **B** liquids **C** benefits

16 The most easily ... forms of phosphorous and protein can be found in milk.

A digestible **B** valuable **C** nutritional

17 ... milk is used to make yogurt.

A Fermented **B** Mild **C** Dairy

18 Milk is ... to prevent the growth of bacteria.

A pasteurized **B** fermented **C** contained

19 Dairy products help human body ... against cancer and heart disease.

A vary **B** grow **C** fight

20 Seafood is full of protein and contains very little or no ... fat.

A canned **B** saturated **C** dense

21 Trout is ... fish found mainly in rivers and lakes.

A smooth **B** freshwater **C** oily

22 ... fish fillets are deep fried and served with chips.

A Scaly **B** Breaded **C** Canned

23 ... is made by mixing water and flour.

A Yeast **B** Pie **C** Dough

24 When it comes to bread, whole ... is considered to be a healthier choice.

A grain **B** white **C** flour

25 There's a shop down the street selling ... goods, like cakes, pies and rolls, all handmade to the highest standards.

A produced **B** sliced **C** baked