

CENTRO DE LENGUAS EXTRANJERAS

LEVEL: 5	NUTRITION	1º PARTIAL	Book 1 Units 1-7
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**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