



## UNIT 5: FOOD AND HEALTH



### PRACTICE

#### VI. Choose the word or phrase (A, B, C or D) that best fits the blank space in each sentence.

1. I'd like a \_\_\_\_\_ sandwich, please.  
A. rice      B. cheese      C. fizzy drink      D. soup
2. I'm thirsty. Can I have some \_\_\_\_\_, please?  
A. water      B. salad      C. pasta      D. apple
3. \_\_\_\_\_ are bad for your teeth.  
A. Nuts      B. Bread      C. Sweets      D. Fruit
4. Would you like some \_\_\_\_\_ with your burger?  
A. sweets      B. apples      C. chips      D. eggs
5. She doesn't eat \_\_\_\_\_ because she doesn't like bread.  
A. pasta      B. sandwiches      C. fish      D. noodles
6. My mom goes to work all day, so she usually brings her \_\_\_\_\_.  
A. lunchbox      B. vegetable      C. pasta      D. snack
7. Vending machines in schools don't sell cigarette, \_\_\_\_\_.  
A. water      B. nuts      C. fizzy drinks      D. juice
8. "Chankonabe" is a \_\_\_\_\_ Japanese dish.  
A. special      B. tasty      C. fizzy      D. normal
9. My friends don't mind \_\_\_\_\_ many different food.  
A. try      B. tries      C. trying      D. to try
10. \_\_\_\_\_ is the last course of a meal, such as cake, pudding, fresh fruit, etc.  
A. desert      B. dessert      C. starter      D. food
11. Sumo wrestlers eat \_\_\_\_\_ quantities of food every day.  
A. enormous      B. normal      C. special      D. simple
12. The \_\_\_\_\_ of sumo wrestlers isn't normal.  
A. nutrient      B. energy      C. skin      D. lifestyle
13. Fruits and vegetables contain lots of \_\_\_\_\_ and minerals.  
A. pepper      B. protein      C. butter      D. vitamins
14. I'm learning how to cook chả giò. These are \_\_\_\_\_: pork, shrimp, carrot, noodles, eggs, mushroom, pepper and salt.  
A. ingredients      B. menus      C. desserts      D. nutrients
15. There are seven main types of nutrient in food: \_\_\_\_\_, vitamins, minerals, fat, carbohydrates, water and fiber.  
A. fish      B. protein      C. bean      D. butter
16. There are a lot of \_\_\_\_\_ in bread, pasta, rice and potatoes.  
A. vitamins      B. minerals      C. fat      D. carbohydrates
17. You don't eat much \_\_\_\_\_.  
A. eggs      B. juice      C. meat      D. burgers
18. A: He doesn't have \_\_\_\_\_ friends. Tonight he just invited some of his colleagues.  
B: Really? How about his neighbor?

A. so much      B. a few      C. so many      D. many

19. \_\_\_\_\_ my students are familiar with this kind of school activities.  
 A. Most      B. Most of      C. A few      D. Few

20. I have got \_\_\_\_\_ money.  
 A. a few      B. many of      C. some      D. a small number of

21. How \_\_\_\_\_ furniture do you think there is?  
 A. many      B. much      C. few      D. a lot of

22. Why don't you take a break? Would you like \_\_\_\_\_ coffee?  
 A. few      B. some      C. many      D. much

23. Give me \_\_\_\_\_ examples, please!  
 A. a few      B. a little      C. few      D. little

24. Is there \_\_\_\_\_ water in the glass?  
 A. any      B. some      C. many      D. lots of

25. The best way to improve your health is the balanced \_\_\_\_\_.  
 A. quantity      B. walk      C. diet      D. disease

26. Ann: "Can you tell me how to cook beef noodle soup ?"  
 Hoa : "\_\_\_\_\_"  
 A. You're welcome.      B. Ok. Sure.  
 C. No problem.      D. B and C are correct

27. Lan: "Do you like Vietnamese food ?"  
 Ms Jackson: "\_\_\_\_\_"  
 A. Yes, they do.      B. That's right      C. Not at all.      D. Yes. Of course.

28. Mai: "Would you like to drink some green tea?"  
 Nam: "\_\_\_\_\_"  
 A. That's right.      B. Yes, thanks.      C. I'm sorry, I can't.      D. You're welcome.

29. Lan: "Let's have dinner"  
 Nam: "\_\_\_\_\_"  
 A. Not at all.      B. Good idea.      C. No problem      D. Well done

30. Minh: "I am sure that you will like this meal"  
 Thu: "\_\_\_\_\_"  
 A. Really      B. Not at all.      C. No problem      D. You're welcome.

#### VII. Circle the correct words.

1. There's some **strawberry / carrot** soup.
2. Can I have a **chocolate / sandwich** milkshake?
3. I want **an apple / a chicken** burger.
4. We'd like some **orange / potato** juice.
5. Is there a **cheese / pasta** sandwich?
6. Would you like a **tomato / milk** salad?
7. They have got some **vanilla / onion** ice cream.
8. Have you got any **seafood / banana** pizza?