



## UNIT 5: FOOD AND HEALTH



### PRACTICE

#### VIII. Choose the word or phrase that best fits the blank space in the following passage.

##### Passage 1

Pho is one of my favorite (1) \_\_\_\_\_. Pho is the most popular and special dish in our (2) \_\_\_\_\_, Vietnam. There are two main kinds of Pho: Pho with beef and Pho (3) \_\_\_\_\_ chicken. Pho is served in a bowl with a specific cut of white rice noodles in clear beef (4) \_\_\_\_\_, with slim cuts of beef. Chicken Pho is made using the same spices as beef, but the broth is made using only chicken bones and meat. I always enjoy a bowl of hot and spicy Pho (5) \_\_\_\_\_ breakfast. Mornings are a special time for pho in Vietnam. I love Pho and I can (6) \_\_\_\_\_ it every morning without boring.

1. A. food	B. foods	C. dishes	D. dish
2. A. home	B. country	C. countryside	D. house
3. A. of	B. about	C. with	D. for
4. A. broth	B. soup	C. noodles	D. water
5. A. with	B. of	C. in	D. for
6. A. eats	B. eat	C. eating	D. to eat

##### Passage 2

Health is definitely the most important thing in a person's life. Only when we take care (1) \_\_\_\_\_ ourselves can we achieve other things in our life. We should maintain some good (2) \_\_\_\_\_. First, we (3) \_\_\_\_\_ do exercises regularly in order to have a good shape. Second, having a balanced (4) \_\_\_\_\_ is necessary. If we eat clean, we can avoid (5) \_\_\_\_\_ diseases. Third, we ought to go to bed and get up early. Doing this everyday will help us have enough (6) \_\_\_\_\_ to work and study.

1. A. on	B. of	C. off	D. Ø (no article)
2. A. habits	B. habit	C. rabbit	D. rabbits
3. A. shouldn't	B. should	C. can	D. can't
4. A. nutrient	B. ingredient	C. diet	D. option
5. A. any	B. much	C. many	D. a lot of
6. A. action	B. health	C. attention	D. energy

#### VIII. Read the following passage. Decide if the statements are True or False and choose the correct answer (A, B, C or D) for the questions

##### Passage 1

Vietnamese food culture varies by regions from the north to the south. Northern Vietnam, food is characterized by light and balanced. Northern Vietnam is seen to be the cradle of Vietnamese cuisine with many notable dishes like Pho, Bun Rieu, Bun Thang, Bun Cha, Banh Cuon, etc. The food culture in Northern Vietnam became popular in Central and Southern Vietnam with suitable flavors in each regions.



The regional cuisine of Central Vietnam is famous for its spicy food. Hue cuisine is typical Central Vietnam's food culture. Food in the region is often used with chili peppers and shrimp sauces, namely, Bun Bo Hue, Banh Khoai, Banh Beo, etc.

In Southern Vietnam, the warm weather and fertile soil create an ideal condition for planting a variety of fruit, vegetables and livestock. Thus, food in the region is often added with garlic, shallots and fresh herbs. Particularly, Southerners are favored of sugar; they add sugar in almost dishes. Some signature dishes from Southern Vietnam include Banh Khot and Bun Mam.

**Write True/False for the statements about the passage**

1. Northern food is characterized by lightness and balance.
2. Central cuisine is famous for its sweet dishes.
3. Banh Khot, Bun Mam are typical dishes of South Vietnam
4. Southerners don't like sugar.

**Choose the best option**

5. In Southern Vietnam, \_\_\_\_\_.
  - A. the warm weather makes it hard to plant fruit and vegetables
  - B. fresh herbs are always used in cooking
  - C. people love sweet food
  - D. sugar is often added to dishes
6. Which of the followings is NOT true?
  - A. Food in Vietnam changes region to region.
  - B. Southerners do not like northern food due to its light flavor.
  - C. Chill peppers and shrimp sauces are among the frequently used ingredients.
  - D. Bun Bo Hue is a typical dish of the Central Vietnam cuisine.

**Passage 2**

To have a good health, especially for your eyes, you should have a balanced diet. Firstly, you had better eat vegetables and fruits whose colors are yellow or orange. The reason is that they contains lots of vitamins that are good for health. Secondly, you should keep a distance at least 35 cm when reading book or sit correctly when working. Last but not least, you should take enough sleep. You'd better sleep at least 6 or 8 hours a day because it will boost your mind. Moreover, do not go to bed late or watch TV overnight.



**Write True/False for the statements about the passage**

1. You should have a moderate diet.
2. You can read a book at any distance.
3. Getting enough sleep will boost your mind.
4. You should go to bed early.

**Choose the best option**

5. The word "they" in line 2 means \_\_\_\_\_.
  - A. vegetables and fruits
  - B. yellow, orange
  - C. eyes
  - D. colors
6. Which of the following sentences is **NOT true**, according to the passage?
  - A. You should eat a lot of vegetables and fruits.
  - B. You should keep a distance more than 36cm when reading books.
  - C. You should take enough sleep.
  - D. You should watch TV overnight.

**IX. Read the text about British food, and answer the questions**

In the UK a lot of families do not eat together. Parents and children eat snacks in front of the TV, or they cook their meals with the microwave. A traditional dish in the UK is fish and chips. There are more than 8600 fish and chips shops in the UK, and they give 300 million meals every year.

A full English breakfast has got bacon, eggs, sausages, tomatoes and toast. People usually eat roast meat (beef, chicken or lamb) with roast potatoes and vegetables for a Sunday lunch at pubs or restaurants.

The British enjoy going to restaurant. There are about 10,000 Italian and 8,000 Chinese restaurants in the UK. For many British people, their favorite dish is chicken curry.

1. Do all British families usually eat meals together?

☞

2. What is one traditional dish in the UK?

☞

3. How many fish and chips shops are there in the UK?

☞

4. How many meals do they give every year?

☞

5. What has a full English breakfast got?

☞

6. What can we have for a Sunday lunch at pubs or restaurants?

☞

7. How many Italian restaurants are there in the UK?

☞

8. Do many British people like chicken curry?

☞

#### X. Read the text. Are the sentences true (T), false (F), or NM (not mentioned)

Australia is a huge country, and it has got a lot of difficult kinds of food. Native people in Australia also eat crocodiles, kangaroos, and some insects. Some English dishes, fish and chips, and meat pies, are very popular today. They have got their new Australian food such as the *pavlova* (a fruit dessert), and damper (a type of bread). Australians often drink espresso coffee from Italy and eat Asian food. A lot of Australians love cooking with fresh food. They often cook food on barbecues in their gardens or on the beach.

1. Australia hasn't got many different types of food.

\_\_\_\_\_

2. Some types of food are from England.

\_\_\_\_\_

3. People from Italy and Asia like Australian food.

\_\_\_\_\_

4. Australians like food and drinks from Italy and Asia.

\_\_\_\_\_

5. In Australia people rarely cook outside.

\_\_\_\_\_

6. Today many people in Australia eat crocodile.

\_\_\_\_\_

#### XI. Read the email from Jane, and answer the questions

Hi,

I'm Jane, I live in Sidney, Australia. In our family, we often eat fish for dinner. My dad loves fishing. And we always have fruit: apples, bananas, kiwis, oranges, grapes, and mangoes. I love mangoes. We never eat beef or pork. We have curries, too. I love chicken curry very much.

Jane

1. Where does Jane live?

☞

2. What does her family eat for dinner?

☞

3. What fruits do her family members always have?

☞

4. What is her favorite fruit?

☞

5. What do they never eat?

☞

6. What is her favorite food?

☞