

Name: _____

Class: _____

Total: _____/30

Vocabulary

1 Complete the sentences with the missing words. The first letters are given.

- 0 A balanced diet that includes protein, vegetables and grains is very important.
- 1 If you get hungry during the afternoon, you can have a healthy s_____ like nuts or fruit.
- 2 Our m_____ salad includes lettuce, cabbage, carrots and tomatoes.
- 3 That was such a h_____ meal that I nearly fell asleep afterwards!
- 4 I always put c_____ pepper in my soup because it makes it taste more interesting.
- 5 Could you buy a loaf of w_____ bread, please? It's much tastier than the white sort.

_____/5

2 Complete the sentences with the words in the box. There is one extra word.

homemade household energy
safety hot tinned stale

- 0 My grandmother makes homemade soup with lots of vegetable in it.
- 1 These _____ biscuits are disgusting! Someone must have left them out on a plate overnight.
- 2 The waiter didn't warn me that the dish was very _____. It was too spicy for me to eat!
- 3 We are trying to reduce our _____ waste by buying things with little or no packaging.
- 4 Be careful when cooking with _____ tomatoes. They usually contain more salt and sugar than fresh vegetables.
- 5 Food _____ standards are very strict in most countries because they don't want a lot of people to get seriously ill.

_____/5

Grammar

3 Complete the sentences with the words in the box. There are two extra words.

if as soon as after unless

- 0 I can prepare something if you are hungry.
- 1 Remove the biscuits from the oven _____ you can see they're turning brown.
- 2 You should keep the fruit in the fridge _____ you want to eat it right now.

if before until when

- 3 Please remember to wash your hands _____ you touch the food so you don't get any germs on it.
- 4 I always get hungry _____ I watch one of those cooking programmes on television.
- 5 You will learn how to cook this dish _____ you pay close attention to all the steps.

_____/5

4 Complete the sentences with the correct form of the verbs in brackets. Use the Future Continuous or the Future Perfect.

- 0 You can call me very early tomorrow. I will be having (have) breakfast at six o'clock.
- 1 I _____ (finish) cleaning my room in an hour and then I'll call you.
- 2 This time tomorrow, I _____ (eat) something delicious.
- 3 What _____ (you / achieve) by the time you are thirty years old?
- 4 I've ordered a couple of cookery books but they _____ (not / arrive) by Monday.
- 5 You can visit us later today. We _____ (not / do) anything special.

_____/5

Use of English

5 Choose the correct option.

WHAT ARE WE EATING TODAY?

Friday 3:30p.m.

I had lunch just two hours ago, but I'm so ⁰ C now that I can't think about anything else but food.

I can't wait to get home. ¹ C I get there, my girlfriend and I will start cooking. My nutritionist has advised me to eat more healthily, so today we're having ² A rice and fish for supper. Rice is very easy to prepare. You just need to put it in a pan with water and check about forty minutes later to see if it is ready. It's important to make sure that it is not ³ B or hard in the middle, so cook it for a few more minutes if necessary. We're going to eat the fish in a mild sauce along with a simple green salad. It sounds like a healthy, simple meal, ⁴ A? I hope there isn't much traffic tonight so that, by 6 p.m., we ⁵ B a perfect homecooked meal.

- 0 A thirsty B tired C hungry
1 A As soon as B Unless C Before
2 A ground B brown C wholemeal
3 A rotten B stale C raw
4 A won't it B isn't it C doesn't it
5 A will enjoy B will be enjoying
C will have enjoyed

/5

6 Choose the correct option.

- 0 X: What's your favourite fruit?
Y: I like mangoes, but my favourite are A.
A grapes B carrots C biscuits
1 X: Are you going to have a dessert, Mark?
Y: C you promise to have one, too.
A As long as B When C Until
2 X: So, does that sauce taste good?
Y: Well, it's a bit C. I think it needs more salt and pepper.
A bland B sour C bitter

3 X: C?

Y: Well, we have a mushroom stew without meat, and a bean and vegetable dish.
A Do you have any vegetarian dishes?
B Can you tell me what the special salad is?
C Can I order, please?

4 X: Why are you in such a hurry?

Y: Because I've got so much homework to do. If nothing disturbs me, I C three essays by six o'clock.
A will write B will be writing
C will have written

5 X: You seem to spend a lot on your everyday shopping!

Y: I know, but I always buy C food because I'm worried about dangerous chemicals in normal products.
A fattening B light C organic

/5