UNIT 7.RECIPES AND EATING HABITS

PART A: LANGUAGE FOCUS (4.0 POINTS)

I. Khoanh tròn một phương án A, B, C hoặc D ứng với từ có phần gạch chân phát âm khác các từ còn lại trong mỗi câu sau như ví dụ (câu 0) đã làm. (0.6 điểm)

0.	**A.** plane	**B.** take	**C.** sad	**D.** date
1.	**A.** garnish	**B.** drain	**C.** sprinkle	**D.** tender
2.	**A.** whisk	**B.** slice	**C.** grill	**D.** dip
3.	**A.** versatile	**B.** vinegar	**C.** vegetable	**D.** marinate

II. Khoanh tròn một phương án A, B, C hoặc D ứng với từ có trọng âm chính rơi vào vị trí âm tiết khác các từ còn lại trong mỗi câu sau như ví dụ (câu 0) đã làm. (0.4 điểm)

0.	**A.** diverse	**B.** combine	©. garnish	**D.** shallot
1.	**A.** teaspoon	**B.** cabbage	**C.** pancake	**D.** canteen
2.	**A.** cucumber	**B.** delicious	**C.** ingredient	**D.** nutritious

III. Khoanh tròn một phương án A, B, C hoặc D ứng với từ hoặc cụm từ thích hợp để điền vào mỗi chỗ trống trong các câu sau, như ví dụ (câu 0) đã làm. (2,0 điểm)

0. I often go to school _____ bicycle.
   A. on **B.** at ©. by **D.** in
1. You should eat more fruits and vegetables if you _____ to lose weight.
   A.would want **B.** wanted **C.** want **D.** will want
2. _____ of famous dishes in Southern Vietnam are Hu Tieu Nam Vang, Bun Mam, fried rice, flour cake, and many kinds of puddings.
   A. Any **B.** A **C.** Much **D.** Some
3. You _____ chicken. It means that you cook it in an oven or over a fire without liquid.
   A. roast **B.** steam **C.** fry **D.** boil
4. Leave the mixture to marinate _____ 10 minutes.
   A. to **B.** of **C.** for **D.** on
5. She bought a _____ of bananas in the supermarket yesterday.
   A. loaf **B.** bunch **C.** stick **D.** clove
6. Studies suggest _____ only when you are most active and giving your digestive system a long break each day.
   A. eat **B.** eating **C.** being eaten **D.** to eat
7. Trees won't grow _____ there is enough water.
   A. if **B.** when **C.** unless **D.** as
8. **Tom**: "Shall I peel the bananas for you?" **Jerry**: "_____"
   A. What a please Sunday morning it is!
   B. Yes. It's cool and sunny.
   C. That's right. It's the first time I've made them.
   D. Sure, you can give me a hand if you want to.
9. Beet greens are the most _____ part of the vegetable and can be cooked like any other dark leafy green.
   A. colourful **B.**nutritious **C.**traditional **D.** careful
10. My brother is a good eater. He's able to eat three _____rice when he's hungry.
    A. teaspoons of **B.** bottles of **C.** bowls of **D.** heads of

IV. Cho dạng đúng của động từ trong ngoặc để hoàn chỉnh các câu sau, như ví dụ (câu 0) đã làm (1,0 điểm)

0. We are practicing (jog) ___**jogging**___ in the park
1. My friend asked me where I (buy) _____ those toys.
2. You must (not, leave)_____ the house unless I allow you to go.
3. My team (not, win) _____ a single match so far this season.
4. You (stop) _____ by a policeman if you try to cross the road now.
5. When I (arrive) _____, they were watching TV together.

PART B: READING (3.0 POINTS)

I. Đọc đoạn văn và khoanh tròn một phương án đúng nhất A, B, C hoặc D ứng với mỗi từ hoặc cụm từ thích hợp để điền vào mỗi chỗ trống trong đoạn văn sau như ví dụ. (1.0 điểm)

Do you skip breakfast?

Millions of people do, and if you are one of them, you are putting your ability to think and learn at risk. Skipping breakfast can cause you to be hungry, tired, and crabby by the middle (0) _____ the morning. Why is that? First, when you (1) _____, you have not eaten for about eight hours.

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Your body's fuel, called glucose, is low. Eating breakfast raises the level of glucose in your brain. Your brain requires a constant (2) _____ of glucose to do mental work. So eating breakfast will give you a mental edge at school. What if you don't have enough time for breakfast or if you are not hungry when you wake up? Having something for breakfast is better than (3) _____. Drink some milk or juice. Then catch a (4) _____ snack later on in the morning. Yoghurt, dry cereal, cheeses, or fruit are good choices. What if you don't like breakfast foods? (5)_____ eat healthy foods you do like. Even cold pizza or a fruit smoothie can power your morning. Any way you look at it, there's no reason to skip this essential meal.

0. **A.** at	**B.** on	©. of	**D.** in
1.**A.** eat out	**B.** wake up	**C.** serve with	**D.** make up
2.**A.** flow	**B.** flew	**C.** flowing	**D.** flown
3. **A.** something	**B.** anything	**C.** everything	**D.** nothing
4. **A.** sticky	**B.** nutritious	**C.** traditional	**D.** awful
5. **A.** Because	**B.** Although	**C.** But	**D.** Then

II. Đọc đoạn văn, trả lời các câu hỏi 1, 2, 3 và khoanh tròn phương án trả lời thích hợp nhất cho các câu hỏi số 4, 5. (2,0 điểm)

Junk Food and 'Real Food'

A lot of people around the world are getting fat because they eat too much "junk food".

Junk food is food that has a lot of calories, but not many nutrients. Nutrients are things that your body needs, such as vitamins, minerals and fiber. Most "fast food", such as KFC and stuff sold in packages, is junk food. It comes from factories, where scientists add refined sugar, salt and vegetable oil to make it taste good. They do this because they want to make money. They do not care about your health: that is your job. Junk food does taste good, too. That's why people drink huge bags of "iced tea" and Coke, and eat a big bag of potato chips, and still feel hungry. Their brains keep telling them to eat because it knows the body does not have all the nutrients it needs.

Humans evolved eating three main kinds of food: meat, vegetables and fruit. These are "real foods". Things like refined sugar, flour and vegetable oil are not part of a human's natural diet. In America, which has the most **obese** people, it is hard for poor people to find 'real food'. Fresh vegetables and meat are only sold in supermarkets, and they are more expensive than junk foods. In America, more poor people are obese than rich people. Even people in prisons are obese. Here, we are lucky real food is still available – but so is junk food.

Your body is the most valuable thing you will ever have in your life, so you should treat your body like a temple – not a garbage bin. Don't eat junk food.

1. What is Junk food?

.....

2. Why do scientists add refined sugar, salt and vegetable oil in junk food?

.....

3. Is it difficult for poor people to find 'real food' in America? .....

4. According to the passage, which is not a real food?

A. apples **B**. string beans **C**. chicken wings **D**. potato chips

5.The word **"obese"** in the passage is closest in meaning to….....?

A. expensive **B**. overweight **C**. valuable **D**. available

PART C: WRITING (3.0 POINTS)

I. Hoàn chỉnh câu thứ hai sử dụng từ cho sẵn sao cho nghĩa không thay đổi so với câu đã cho, như ví dụ (câu 0) đã làm. (2,0 điểm).

0. I don't have a new car.

→ *I wish I had a new car*

1.You must tell me the whole truth or I won't help you.

→ Unless .....

2.My mother has never tasted sushi before.

→This is .....

3. He needs to peel the onion and slice it.

→ The onion .....

4. "I will go to my hometown tomorrow" My father said.

→ My father said .....

5. Vegetarians don't eat meat.

→ If you're a vegetarian, ...

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