Test

Unit 4

Group A

Name: _____ Class: ____

Total: ___/50

LISTENING

1 TRACK 5 Listen to four speakers. For sentences A–E choose Speaker 1–4. Put a [X] in the right place in the table. There is one extra sentence.

A Good ingredients can't guarantee a good meal.

B This text is an advert for a restaurant.

C The speaker says that you can cook food until its sell-by date expires.

D The speaker is trying to persuade people to learn to cook.

E The speaker has recently helped to prepare a meal.

Speaker	1	2	3	4

_____/4

VOCABULARY AND GRAMMAR

2 Complete the sentences with the missing words. The first letters have been given.

A **b***alanced* diet that includes protein, vegetables and grains is very important.

1 If you get hungry during the afternoon, you can have a **h**_____ snack 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

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

~~home-made~~	household	energy	safety	hot	tinned	stale

My grandmother makes *home-made* soup with lots of vegetable in it.

1 These _____ biscuits are disgusting! Someone 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

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LIVEWORKSHEETS

Test

Unit 4

Group A

Name: _____ Class: ____

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

if	as soon as	after	unless

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'm hungry, so I'm going to make a sandwich _____ I get home.

5 You will learn how to cook this dish _____ you pay close attention to all the steps.

_____/5

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

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 30 years old?

4 The restaurant _____ (not / open) before next month. They need more time to decorate it.

5 You can visit us later today. We _____ (not / do) anything special.

_____/5

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LIVEWORKSHEETS

Test

Unit 4

Group A

Name: _____ Class: ____

USE OF ENGLISH

6 Choose the correct option.

WHAT ARE WE EATING TODAY?

Friday 3:30 p.m.

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

I can't wait to get home. [1]__ 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]__ 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 40 minutes later to see if it is ready. It's important to make sure that it is not [3]__ 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]__ ? I hope there isn't much traffic tonight so that, by 6 p.m., we [5]__ a perfect home-cooked meal.

	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

7 Choose the correct option.

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: __ 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 __. I think it needs more salt and pepper.

A bland **B** sour **C** bitter

3 **X:** __?
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?

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LIVEWORKSHEETS

Test

Unit 4

Group A

Name: _____ Class: ____

4 **X:** Why are you in such a hurry?
Y: Because I've got so much homework to do. If nothing disturbs me, I __ 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 __ food because I'm worried about dangerous chemicals in normal products.
A fattening **B** light **C** organic

_____/5

READING

8 Read the texts. For questions 1–4 choose correct option A–C.

Text 1. THE GROWING PROBLEM OF OBESITY

Obesity levels in western countries are rising fast. In the United States, obesity rates have more than doubled in the last 30 years from about 14.5% to over 30%. Some people think that over half the population will be obese within a few years. In Britain, around 20% are obese, the largest percentage in Europe. This is mainly because we eat more but also because we get less exercise. Although food labeling shows us the number of calories we are consuming, we don't seem to take any notice. However, we should because obesity reduces our life expectancy and causes many other health problems. We need to alter our eating habits and eat more fresh products and less packaged food. We should cut down on salt, sugar and fat and cut out certain things, such as fizzy drinks and crisps, which have no nutritional value at all.

1 The aim of the text is to

A encourage people to change their eating habits.
B criticise the lack of clear food labelling.
C compare obesity rates in the USA with rates in other countries.

2 According to the text, obesity rates in the USA

A won't get any higher.
B are over twice as high as in Britain.
C are more than twice as high as they were 30 years ago.

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Text 2. **MINI-MISE YOUR WEIGHT**

These days, people have less time to create meals from fresh ingredients. We know that it would be better for us but we also know that pre-cooked or frozen meals are quick and tasty. Unfortunately, they are also full of calories and contain unhealthy levels of salt and sugar. That's why Mini-Mise is such an important new product. Unlike most diet pills, Mini-Mise don't make you feel full and they don't provide you with vitamins or minerals that you may be lacking. They don't need to. They allow you to eat all the food that you want but they then destroy the salt, sugar and fat in the blood. They have been recommended by nutritionists and doctors as a way to improve our health. Mini-Mise means you can lose weight without worries – and all for the price of a large burger and fries a day!

3 The aim of the text is to

A warn people of the dangers of obesity.
B advertise a new product.
C recommend that people reduce the amount they eat.

4 Which of these does the text say?

A There is nothing wrong with pre-cooked and frozen meals.
B Other diet pills are not recommended by nutritionists.
C Mini-Mise tablets work differently to other diet pills.

Text 3. **Who is in charge?**

We all know that obesity levels are rising and that people are eating the wrong things. We also know that when governments want to act, they can. You only have to look at the laws to stop smoking in public places and the tax increases which have made smoking much less popular than it was. The same results could be achieved by similar taxes on fast food and fizzy drinks. Governments could also limit the numbers of fast food restaurants or bring in laws to reduce the amount of salt and sugar used in packaged foods. However, they don't do any of these things. Why not? Could it be because the food producers and supermarkets are too powerful? The biggest supermarkets sell most of our food and also control many of the supplies from farms and other food producers. If the government did threaten to change the law, these huge companies could bring the country to its knees very quickly.

5 The text is about

A how our eating habits are changing.
B why governments find it hard to control supermarkets.
C why taxes on food aren't as effective as those on cigarettes.

6 The text does not talk about how governments

A could influence what we eat.
B have changed our smoking habits.
C have changed our eating habits.

_____/6

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LIVEWORKSHEETS

Test

Unit 4

Group A

Name: _____ Class: ____

WRITING

9 Do the exam task.

W czasie wakacyjnego pobytu w Wielkiej Brytanii zobaczyłeś/zobaczyłaś ogłoszenie dotyczące nowego programu kulinarnego w lokalnej telewizji. Napisz e-mail do producentów programu.

1. Napisz, gdzie zobaczyłeś/zobaczyłaś ogłoszenie, i wyraź chęć wzięcia udziału w programie.
2. Uzasadnij, dlaczego producenci powinni wybrać właśnie ciebie.
3. Opisz danie, które możesz przygotować.
4. Zapytaj, czy producent programu zapewnia wszystkie składniki i kiedy odbędą się nagrania.

Rozwiń swoją wypowiedź w każdym z czterech podpunktów. Długość e-maila powinna wynosić od 80 do 130 słów.*

*Długość wypowiedzi obowiązująca na nowym egzaminie maturalnym to 100-150 słów.

Dear Mrs Halifax,

I am writing to you about the new cookery programme.

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

I hope to hear from you soon.

Yours sincerely,

XYZ

_____/10

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LIVEWORKSHEETS