

Cumulative review

5 Choose the correct answer: A, B or C.

If you're hungry, but you'd prefer a light snack to a ¹_____ meal, then why not try making your own sushi? Sushi is a Japanese dish made from rice and a ²_____ of other ingredients, especially fish. You ³_____ to use special sushi rice to make it and you ⁴_____ follow a recipe when you start. You don't need ⁵_____ fish: a piece of around 150 g is enough. The easiest kind of sushi to make is *nigiri*. Take some cooked sushi rice and make it into a ball with your hands. You need to be ⁶_____ because this is quite difficult; you can put a ⁷_____ water on your hands to make it easier. Then cut a 5 mm piece of fish and put it on top of the rice. Then repeat until you have enough *nigiri* for everyone. A ⁸_____ of *nigiri* for one person is around six pieces. Sushi is healthy because fish is good for your brain and can help you ⁹_____ when you're studying. You'll also find that you'll have a lot of ¹⁰_____ after you eat it because of the rice.

Sushi is a good choice for a ¹¹_____ lifestyle. Some people also like the taste and think it is ¹²_____ ... other people aren't so positive!

1	A portion	B heavy	C variety
2	A little	B variety	C portion
3	A don't have	B mustn't	C have
4	A must	B needn't	C mustn't
5	A many	B a little	C much
6	A fed up	B patient	C healthy
7	A few	B some	C little
8	A portion	B lot	C little
9	A eat	B drink	C focus
10	A exercise	B energy	C money
11	A heavy	B sustainable	C healthy
12	A delicious	B healthy	C heavy