

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!

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|----------------|---------------|-----------|
| 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 |