



Complejo Educativo "Dr. Humberto Romero Alvergue"

QUIZ No. 2 DEL SEGUNDO PERIODO. Materia: INGLES

SEGUNDO AÑO DE BACHILLERATO ----SECCION: _____

Student's name: _____ Grade: _____

INSTRUCTIONS: a) Read the text and match headings A-G to paragraphs 1-6. There is one extra heading.

A CHOOSE THE LIGHTER OPTION **B REMOVE THE BAD BITS**
C ASK YOURSELF WHAT'S IN YOUR GLASS
D ENJOY A SWEET SENSATION **E SOME FAT IS GOOD FOR YOU**
F COOK WITH A HEALTHIER FAT **G ALWAYS CHECK THE INGREDIENTS**

People often say 'You are what you eat' and we all know that to be healthy we need to eat healthy food. What is really healthy, though?

1 All fruit juices **contain** high amounts of sugar. Some juices have only very low **amounts** of fruit in them – and as much sugar as a glass of cola or a chocolate bar.

2 It's true that salads are full of vitamins and minerals. Creamy mayonnaise-based salad dressings, however, can contain a lot of fat, sugar and salt. To enjoy a healthy, **tasty** salad at home, make a dressing by adding lemon juice or vinegar to a small amount of olive oil instead of using heavy mayonnaise.

3 Food companies like using the words 'fat-free' or 'low-fat' on their labels. Unfortunately they often **replace** the fat in these 'healthier' products with salt and sugar to give them

flavour. It's a good idea to read the whole label.

4 People think chocolate is bad for them, but it has some **benefits**. Good quality dark chocolate helps protect your heart by **lowering** your cholesterol. Eating chocolate also has a positive effect on how we feel. All chocolate is high in fat, though, so you shouldn't eat it after every meal.

5 Eggs are a good source of protein and vitamins. Frying an egg though, is less healthy than boiling them. A fried egg contains around 30% more fat than a boiled or poached egg. If you prefer fried eggs, try frying them in olive oil instead of butter.

6 Red meat such as beef can be part of a healthy diet. Including red meat in a meal a couple of times a week helps your body to get enough iron and protein. Just make sure you **trim off** the fat and buy only **lean** meat.

Check these words

contain, vitamin, mineral, creamy, salad dressing, vinegar, olive oil, fat-free, low-fat, label, flavour, benefit, lower, cholesterol, source, iron, protein, lean

PART II. Read the following information and complete the exercises.

We use the **-ing** form:

- as the subject of a sentence. *Eating vegetables is good for you.*
- after **like, have, enjoy, don't mind, dislike, hate.** *I like drinking milk.*
- after **avoid, appreciate, be used to, consider, continue, deny, fancy, go (+ activity), imagine, miss, save, suggest, practise, prevent, spend/waste (time/money) on.**

Do you fancy eating out?

- after prepositions.

How about making a cake?

- with the phrases **it's worth, can't stand, have difficulty, look forward to, can't help.** *I can't stand eating spicy foods.*

We use the **to-infinitive**:

- to express purpose. *He went out to buy some milk.*
- after **would like, would prefer, would love.** *I'd like to have a steak, please.*
- after **too/enough.** *It was too difficult for her to learn how to cook.*
- after **ask, decide, explain, want, hope, expect, promise, refuse, etc.** *He decided to order takeaway.*

BUT **make, let** and **modal verbs** take infinitive without **to**.

I can't go to the supermarket today.

Certain verbs take **to-infinitive** or **-ing** form with a difference in meaning. Compare:

Oh, no! I forgot to buy some tea. (not remember)
I'll never forget trying sushi. I really liked it. (recall)

4 Choose the correct item.

- A: What will we **to have/have** for dinner tonight?
B: I may **to cook/cook** some pasta.
- A: Would you like **to order/order** a takeaway?
B: No. Let's **to make/make** some sandwiches.
- A: You promised **to help/help** me with the household chores.
B: I know, but I was very busy **to prepare/preparing** the food.
- A: You mustn't **to eat/eat** so much junk food.
B: I guess you are right.
- A: There's nothing **to eat/eat**.
B: Let's **to go/go** to the supermarket **to buy/buying** some food.
- A: The doctor advised me **going/to go** on a diet.
B: That's a good idea. You should also **join/to join** a gym.
- A: I promised **to take/taking** her shopping, but I can't.
B: There's no point **to worry/worrying** about it. I'll go.
- A: Have you seen Tom? I want **to ask/asking** him if he fancies **to help/helping** me with the cooking.
B: No, sorry. I haven't.

5 Put the verbs in brackets into the *to*-infinitive or *-ing* form.

- 1 I tried **(bake)** a cake, but I burnt it.
- 2 Try **(add)** some salt. It'll taste better.
- 3 Oh no! I forgot **(go)** to the market.
- 4 I'll never forget **(shop)** at the floating market in Thailand.
- 5 Let's stop **(eat)** here. This café looks nice.
- 6 Lisa stopped **(eat)** meat five years ago.
- 7 Did you remember **(turn)** the oven off?
- 8 I remember **(meet)** John at Claire's party.
- 9 I'm sorry **(tell)** you this, but this cake is awful.
- 10 Paul was sorry for **(tell)** her that she was an awful cook.

Speaking & Writing

6 Complete the sentences about you. Tell the class.

- 1 I like *eating out*.
- 2 I don't mind
- 3 I'm tired of
- 4 I can't stand
- 5 I can
- 6 I'd rather not