



## 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 .....