4.10 SELF-CHECK

VOCABULARY AND GRAMMAR

1 Complete the sentences with the opposites of the words in brackets. The first letters are given.

Make sure you choose a **r**ipe (unripe) mango. They aren't good if they are not ready to eat.

1 Eurgh! I've just drunk a big mouthful of **s**_____ (fresh) milk. I think I'm going to be sick!
2 A **b**_____ (fattening) diet can include some sweet or greasy food, just not too much.
3 Did you know that you shouldn't feed **s**_____ (fresh) bread to ducks? Any bread, in fact! It's very bad for their health.
4 This salad dressing is a bit too **b**_____ (tasty). Let's add some more honey and lime juice.
5 I'm afraid this meat is still rather **r**_____ (cooked). It needs to go back in the oven. Sorry everyone.

/5

2 Complete the sentences with words from the box. There are two extra words.

aubergines	food	healthy	light
long-grain	pumpkin	spicy	wholemeal

The best way to stay fit is to do plenty of exercise and have a *healthy* diet.

1 Don't have a big meal if you're not hungry. Have a _____ snack instead.
2 What are those strange purple vegetables called? Are they _____ ?
3 Would you like _____ rice with your chicken curry?
4 Jack-o'-lantern is the name of those big orange heads that people make from a _____ at Halloween.
5 Why don't we start buying _____ bread instead of white? It's healthier and tastier.

/5

3 Complete the sentences with missing words. The first letters are given.

I've bought some oranges and I'm going to make some **f***resh* juice out of them. Would you like a glass?

1 Household **c**_____ of the planet's natural resources is now three times higher than it was 40 years ago. We must do something about it!
2 I prefer not to buy **s**_____ bread so I can make each piece as thick as I like.
3 All packaging for food must meet new government **s**_____ by the end of the year, or companies will face a fine.
4 Devon follows a strict **v**_____ diet. He doesn't eat any meat or fish at all.
5 I'll have a bottle of **s**_____ water. I don't like it when there are too many bubbles.

/5

4 Choose the correct words.

As soon as I *finish* / *will finish* my homework, I'll start preparing dinner.

1 *I'm buying* / *I'm going to buy* as many apples as I can when we get to the farm. They're much cheaper and more delicious than you find in the supermarket.
2 This baker's *opens* / *will open* at 6.30 a.m. and there's always a long queue outside.
3 Do you have plans for tonight? *Will* / *Shall* we go out somewhere?
4 I think I *will* / *am going to* invite Nigel and Norma around for lunch one day. Is that OK with you?
5 Milly *will go* / *is going* to a concert with Thomas tonight. They bought the tickets last weekend.

/5

5 Complete the sentences with the Future Perfect Simple or Future Continuous forms of the verbs in brackets. In one sentence you need to use the Future Simple.

Tomorrow at this time we *will be sitting* (sit) in the restaurant enjoying my birthday dinner.

1 We predict the price of beetroot _____ (go down) by the end of the year.
2 One day, I think you _____ (like) strong flavours such as blue cheese. Your tastes change as you get older.
3 Tomorrow, Uncle Mark _____ (go) without meat for four years.
4 Mum _____ (not/work) this Saturday morning, so we are going shopping together.
5 _____ (finish) that book by the time we go on holiday? I'd like to read it while we're away.

/5

6 Choose the correct answers A–C.

Mum and Dad have been married for nearly 20 years – well, exactly 20 years on Sunday! So, me and my sister *B* a little surprise for them. We've already arranged for them to be out of the house for a few hours in the afternoon. And then, [1]___ they get back home, I [2]___ them into the garden where the guests will shout 'SURPRISE' as loudly as possible [3]___ they see my parents. I hope we can keep the secret from them before Sunday. It might be hard because on Saturday I need to prepare the mixed [4]___ , and of course there's a big cake arriving in the afternoon which we need to keep [5]___ until the next day. I know, maybe we can buy Mum and Dad a ticket for the theatre on Saturday and pretend that's their anniversary gift!

	A are to going to plan	B are planning	C will plan
1	A as soon as	B if	C unless
2	A shall take	B am going to take	C am taking
3	A if	B before	C when
4	A bread	B salad	C soup
5	A crunchy	B tinned	C fresh

/5

Total /30

LIVEWORKSHEETS

USE OF ENGLISH

7 Choose the correct answer A–D.

Changing EATING habits

Perhaps it's due to the fact that we're eating more B food? Or perhaps our work routines mean we are eating more [1]___ snacks like sandwiches? Whatever the reasons, our eating habits have changed and some experts now say that the traditional three-course [2]___ is dead.

Experts in the [3]___ industry report that fewer people now choose to eat the once standard soup, main dish and dessert. Instead, people prefer to order a number of dishes to eat at the same time or even share food freely from each other's plates. Some people think this is because it's cheaper to eat out this way, others say it's because we have less time today. Indeed, in the past we would sit and enjoy eating and talking for around two hours. Now, the average length of a meal is at a record low [4]___ of only 40 minutes! And with our current obsession of spending even less time enjoying face-to-face contact with friends and family, the situation really doesn't look good, [5]___ ?

	A	B	C	D
	A spicy	(B) fast	C healthy	D vegetarian
1	A heavy	B cold	C fast	D balanced
2	A meal	B food	C snack	D diet
3	A eating	B catering	C organic	D home-made
4	A platform	B standard	C level	D limit
5	A is it	B isn't it	C does it	D doesn't it

/5

8 Complete the sentences by using the correct form of the words in brackets.

Apparently meat consumption (CONSUME) is one of the major causes of damage to the ozone layer. Well, it's because of farming animals really, but if people ate less meat …

1 We try to recycle as much as possible at home. But it's impossible not to create some _____ (HOUSE) waste, isn't it?

2 I admire people that work in the _____ (VOLUNTEER) sector. I mean, they work really hard and do it for no money!

3 There are some really _____ (ALARM) statistics about the effects of eating too much sugar.

4 There are lots of career opportunities in the _____ (TOUR) industry. You can be a guide, get into publishing, run a hotel. The list of jobs is endless!

5 This milk tastes awful. When was the _____ (EXPIRE) date? Yuk, last week!!

/5

9 Complete the sentences using the prompts in brackets. Do not change the order of the words. Change the forms or add new words where necessary. Use up to six words in each gap.

The new café doesn't open (not/open) until 10:00 a.m. on Saturdays.

1 _____ (before/government/apply) the new regulations, we will need to inform our staff about the changes.

2 Experts predict that _____ (energy consumption/double) between now and 2050. This is based on the current increase of around 2 per cent per year.

3 I intend to be healthier, so I _____ (eat/organic food) in the future.

4 We're going to be late. By the time we get to the restaurant, _____ (everyone/already/start) their meals.

5 I believe that _____ (unless/manufacturing industry/do) something soon, the government will close even more factories.

/5

10 Translate the Polish parts of the sentences.



Marine: And what are you going to do with those figs *(co zamierzasz zrobić z tamtymi figami)*?
Raymonde: I think I'll put them in a fruit salad.

1 **Karina:** At this time tomorrow _____ *(będę jeść lunch)* with Salmon Rushdie at the Ritz Hotel in London.
Dudley: You have such a cool job! I'm really jealous.

2 **Daniel:** Hugh and Rebecca like mushrooms, _____ *(prawda)*?
Tracy: I'm not sure. Maybe you should ask them before you decide what to cook?

3 **Laurence:** When are you going to the shops, Agatha?
Agatha: I'll go _____ *(gdy tylko skończę jeść tego ananasa).*

4 **Joslyn:** _____ *(Czy w niedzielę idziemy do tej samej restauracji)* that we went to last year for my birthday?
Marcel: That's the plan. Is that OK with you?

5 **Lucas:** _____ *(Ugotuję)* the cauliflower soup by the time you arrive.
Magda: Great! I can't wait.

/5

Total /20

LIVEWORKSHEETS