

For questions 1-8, read the text below and decide which answer (A, B, C or D) best fits each gap. There is an example at the beginning

Food diary - Friday

Today has been a hard day! I started well and just had a (0)___ meal for breakfast. I didn't (1)___ a lot of time preparing it. I just squeezed a couple of fresh oranges and then toasted a slice of brown bread - very healthy. Last week I tried to go (2)___ breakfast completely, but it didn't work. I was so hungry by lunch that I ate loads of fattening things!

It all went wrong this afternoon. Sophie phoned to say that she'd booked a (3)___ at Mario's restaurant for this evening. I'd forgotten it was her birthday! She's naughty, really. She knows I'm trying to (4)___ weight. I've been on a diet for two months now! I've (5)___ chocolate, biscuits, potatoes and everything else that's yummy. I really need to get back in (6)___ for my summer holiday. So, a (7)___ meal at Mario's and NOTHING healthy on the menu? Sophie and I (8)___ on really well and I wanted to celebrate her birthday - but maybe she could have chosen a restaurant with some healthy options!

0	A light	B slim	C balanced	D short
1	A pay	B give	C spend	D make
2	A off	B away	C over	D without
3	A place	B seat	C table	D time
4	A drop	B lose	C take	D miss
5	A given up	B cut up	C put off	D turned down
6	A form	B figure	C shape	D outline
7	A three-part	B three-section	C three-plate	D three-course
8	A are	B get	C go	D make

Choose the correct options.

- 1 Jackie doesn't like seafood, so she definitely won't be ordering the **prawns / peppers / Brussels sprouts**.
- 2 Mum, how do I know if this chicken is **stale / ripe / cooked**? It's been in the oven for twenty minutes.
- 3 I don't mind mild cheese, but I can't stand **raw / bitter / smelly** cheese like the ones with the blue bits.
- 4 Yellow, red or green and full of vitamin C, **beetroot / potatoes / peppers** come from South America and not the Mediterranean area, as many people assume.
- 5 Mmm, delicious! How does your dad make simple fish so **tasty / salty / rotten**?
- 6 Wow! This coffee is extremely **sour / bitter / crispy**. Could you pass the sugar, please?
- 7 If you eat **juicy / unripe / fresh** fruit, you may get stomachache. Choose softer pieces as they are usually ready to eat.
- 8 My young brother doesn't eat meat, but he will have fish and he really likes **chicken / tuna / pork**.
- 9 We aren't eating burgers again, are we? I'm sick of **raw / greasy / ripe** food. Can't we have something healthy for a change?
- 10 Jess spilled **beetroot / peppers / green beans** all down her white blouse. Her mum washed it three times, but the red stains just turned pink.