

Short Test 1 – Food & Health

1. Doctors warned him that eating too much fried food could increase his ...
a cholesterol b recipe c supplement d appetite
2. Many people suffer from ... such as lactose intolerance or gluten sensitivity.
a junk food b food poisoning c food intolerance d balanced diet
3. She had severe stomach pains because the chicken was ...
a past the sell-by date b rich in vitamins c low-calorie d fresh produce
4. A dietician advised him to ... a balanced diet for at least two months.
a go on b skip c serve d be past
5. The doctor said he must lose weight to avoid ...
a malnutrition b high blood pressure c leftovers d additives
6. Too many ... in processed food may cause digestive problems.
a vegetables b recipes c additives and preservatives d cookery books
7. People often ... weight when they stop eating junk food.
a burn b gain c serve d help
8. A diet ... in vitamins is essential for proper nutrition.
a full b high c rich d strong
9. He didn't have a ... so he skipped breakfast again.
a supplement b temptation c diet pill d healthy appetite

10. If you're hungry, ... yourself!
a Lose b Help c Serve d Stick
11. Many teenagers struggle with at least one type of ...
a eating disorder b vegetarian c ingredients d
takeaway
12. This sauce requires only three simple ...
a leftovers b recipes c ingredients d servings
13. Obesity is often linked to a diet high in ... foods.
a vegan b low-calorie c high-calorie d leftovers
14. She ordered a ... because she didn't have time to
cook.
a supplement b takeaway c diet pill d recipe
15. There is some food ... if you want a second helping.
a over b left c away d rich
16. After running for an hour, you can really ... calories.
a burn b cook c skip d stick
17. The cookery book includes a great ... for vegetable
soup.
a supplement b diet c recipe d temptation
18. The meal was so good that everyone asked for a ...
a diet b second helping c supplement d recipe
19. Frozen vegetables are often cheaper than ...
a balanced diet b fresh produce c leftovers d proper
nutrition
20. People with eating disorders should consult a ...
a cookery book b dietician c vegetarian d supplement
21. When food is contaminated, you can easily get ...
a obesity b food poisoning c malnutrition d
cholesterol

22. She tries to ... breakfast, even when she's in a hurry.
a burn b skip c put on d serve
23. Children need proper nutrition to avoid ...
a diet pill b malnutrition c temptation d leftovers
24. If you want to lose weight, avoid ... snacks.
a vegan b junk food c ingredients d produce
25. The restaurant refused to ... alcohol to minors.
a serve b help c skip d burn
26. He decided to ... a diet after the holidays.
a stick to b take away c serve d lose
27. She bought a ... to learn new healthy recipes.
a diet pill b cookery book c supplement d additive
28. After eating too fast, he had ...
a temptation b digestive problems c leftovers d second helping
29. She always keeps a bottle of water as a ... to her diet.
a supplement b recipe c help d ingredient
30. People who eat too much junk food often ... weight quickly.
a burn b lose c put on d skip
31. Vegans avoid all animal products, while ... may eat eggs or dairy.
a vegetarians b additives c supplements d leftovers
32. The smell of fresh bread is a real ... when you're on a diet.
a recipe b temptation c dietician d supplement