

NAME \_\_\_\_\_

## Teen Choices

### Unit 1

#### **TASK 1 – Grammar: Articles (a / an / the / –)**

*Choose the correct option: a / an / the / – (zero article).*

1. My doctor advised me to eat \_\_ balanced diet and avoid fast food.
2. Do you have \_\_ recipe for that delicious soup?
3. Drinking \_\_ water is better than drinking fizzy drinks.
4. \_\_ apples you bought yesterday were really crunchy.
5. I usually eat \_\_ piece of fruit before going to school.
6. She ordered \_\_ appetizer and \_\_ main meal at the new healthy café.
7. \_\_ vegan diet can be healthy if you do it correctly.
8. People often have \_\_ picnic in summer.
9. \_\_ refrigerator in their house is always full of vegetables.
10. I'd like to try \_\_ dim sum we saw on the menu.

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#### **TASK 2 – Grammar: Quantifiers + SO / SUCH**

Choose: *much / many / a little / a few / too much / too many / enough / not enough / so / such.*

1. How \_\_\_\_\_ sugar do you put in your tea?
2. There aren't \_\_\_\_\_ cafeterias in this area, so it's hard to find a place to eat.
3. He eats \_\_\_\_\_ fast food. That's why he's putting on weight.
4. I always add \_\_\_\_\_ vegetables to my stir-fry to make it more nutritious.
5. She drank \_\_\_\_\_ fizzy drinks yesterday and felt sick.
6. We have \_\_\_\_\_ ingredients to cook the stew, but we still need carrots.
7. There's \_\_\_\_\_ salt in this soup. It tastes too salty.
8. Are there \_\_\_\_\_ apples to make a pie?
9. It was \_\_\_\_\_ delicious meal that everybody asked for the recipe.
10. That is \_\_\_\_\_ an unhealthy habit – you should really change it.

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#### TASK 3 – Vocabulary

Match the words (A–J) to the definitions (1–10).

#### WORDS

- A. nutritious
- B. appetizer
- C. signature dish
- D. guilty pleasure
- E. obesity
- F. canned
- G. crunchy
- H. zesty
- I. to satisfy your hunger
- J. bitter

#### DEFINITIONS

- 1. Strong, fresh, often slightly spicy in flavour.
- 2. The special dish a chef or restaurant is famous for.
- 3. Very overweight in a way that is dangerous for health.
- 4. Food with a hard texture that makes a noise when you bite it.
- 5. A food or activity that you enjoy even though you know it's not good for you.
- 6. A small amount of food eaten before the main meal.
- 7. Something healthy or full of nutrients for your body.
- 8. Food sold in a metal container.
- 9. Something that helps you stop feeling hungry.
- 10. A sharp, unpleasant taste.

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#### **TASK 4 – Vocabulary in context**

*Use the words below to complete the sentences.*

go without – to intrude into sb's private life/space – hesitate to do sth  
– to resemble sb/sth – depict – a variety of – take up a new  
hobby/sport – cut down on – despite – essential – influence sth / have  
a big influence on sth

1. The painting doesn't just show the city; it aims to \_\_\_\_\_ the atmosphere of life there.
2. I didn't want to \_\_\_\_\_, so I knocked before entering his room.
3. She decided to \_\_\_\_\_ because she felt bored during weekends.
4. My brother and I look alike—people say I really \_\_\_\_\_ him.
5. Even \_\_\_\_\_ being tired, she finished all her work on time.
6. Teachers can \_\_\_\_\_ their students' future choices.
7. I'm trying to \_\_\_\_\_ the time I spend on social media—it's too much.
8. There was \_\_\_\_\_ music at the festival, so everyone found something they liked.
9. Don't \_\_\_\_\_ asking for help if you need it.
10. A passport is \_\_\_\_\_ if you want to travel abroad.

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#### TASK 5 – Idioms & Phrases

Replace the underlined phrase with an idiom/expression from the list:  
it goes without saying (that) – go back to square one – have sth at your fingertips – have a flair for sth – as cool as a cucumber – a piece of cake – leave a sour taste in your mouth – take sth with a pinch of salt – drive someone mad – gravitate towards

1. The instructions were extremely easy. → \_\_\_\_\_

2. He stayed very calm even though everyone else was stressed. → \_\_\_\_\_

3. Her constant complaining can really annoy me. → \_\_\_\_\_

4. I usually feel more interested in creative subjects. → \_\_\_\_\_

5. This whole situation makes me feel uncomfortable and negative.  
→ \_\_\_\_\_

6. You should not believe everything she says completely. → \_\_\_\_\_

7. He naturally has a talent for cooking. → \_\_\_\_\_

8. We lost all our data, so we had to start again from the beginning.  
→ \_\_\_\_\_

9. You have all the information easily available whenever you need it.  
→ \_\_\_\_\_

10. Obviously, you need to follow the safety rules. → \_\_\_\_\_

you are  
the  
BEST