

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