Name:

Class:

Rational Cloze

Refer to the text and choose the best word for each space.

HYGIENE IN THE KITCHEN

It is an important fact to remember that food carry some (0) __form__ of bacteria. In the worst-case scenario, this (9) _____ lead to food poisoning or something more serious. This risk can be reduced or eliminated by good food (10) _____and proper cooking.

Here are some tips to (11) _____ when you are in the kitchen. Always keep your hands, cooking utensils and food preparation surfaces (12) _____. most importantly, never allow pets to climb onto any work surfaces because they may leave germs or bacteria that you may not be aware of.

Dish cloths and dish towels must be washed and changed (13) _____. If possible, use the disposable types which should be replaced on a (14) _____basis. Do not buy food that have passed their expiration date. Avoid bulk buying fresh produce because fresh foods lose their nutritional value and freshness fast. That means buying (15)_____ small amounts is a better choice.

Before food is prepared, make sure all work surfaces and utensils are clean and dry. Separate chopping boards should be used for raw and cooked meat, fish and vegetables. All poultry must be (16)_____thawed before cooking. Once defrosted, meat should be (17) _____as soon as possible.

Meat, poultry, fish, seafood and dairy products must be refrigerated. Food in the fridge or freezer should be covered. This is to (18) _____ drips and cross-contamination from happening.

LIVEWORKSHEETS

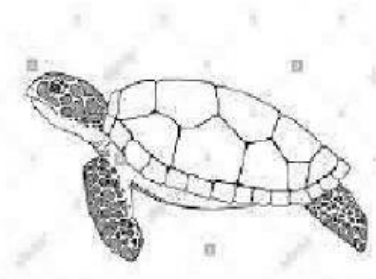
0	A way	B form	C mode	D variety
9	A could	B must	C would	D should
10	A choices	B hygiene	C knowledge	D ingredients
11	A keep	B adhere	C follow	D reflect
12	A clean	B tidy	C useful	D organised
13	A commonly	B tirelessly	C regularly	D repeatedly
14	A daily	B weekly	C monthly	D yearly
16	A partly	B quickly	C slowly	D thoroughly
17	A eaten	B cooked	C prepared	D cleaned
18	A stop	B allow	C avoid	D decrease

LIVEWORKSHEETS

RATIONAL CLOZE 2

Refer to the text and choose the best word for each space.

The Leatherback Sea Turtle



Eight (0)__species__ of sea turtles live in the world today, four of which (9)_____ in Malaysian waters - the Leatherback, the Green Turtle, the Olive Ridley and the Hawksbill. The Leatherback may be one of the (10) _____reptiles alive today, weighing up to 910 kilograms. (11) _____all the marine turtles, the Leatherback is most at home in the sea, where it dives to depths of over 1000 metres.

These creatures are usually found in tropical and subtropical waters around the world but occasionally (12)_____ in very cold seas. They can migrate many thousands of miles between their feeding and nesting grounds. Leatherbacks have inhabited the seas for thousands of years and are considered to be one of nature's most successful creatures, remaining virtually unchanged in that time.

The East Coast is one of the only two places in the world where giant Leatherbacks choose to (13) _____their eggs. It is most (14)_____ that many people have always enjoyed eating the eggs of sea turtles and the increase in human population has dramatically reduced the number of eggs as most eggs laid (15) _____. At one time, turtle eggs commanded such a high price that almost every egg (16) _____ removed and sold.

The Giant Leatherbacks which roam the seas often return instinctively here between the months of May and September to lay eggs. Rantau Abang, a 19 km stretch of beach near Dungun, is a major nesting area of these turtles. It is also the unofficial (17) _____of the sea turtles. The Turtle Information Centre set up in 1983 and financed by the Terengganu State Government is open to the public. Visitors can acquire information such as the egg laying and hatching process of the these turtles. Much effort has been made to (18)_____these turtles.

LIVEWORKSHEETS

(0)	A. variant	B. different	C. species	D. type
(9)	A. were nesting	B. nests	C. nest	D. nested
(10)	A. larger	B. largest	C. large	D. largely
(11)	A. In	B. To	C. Of	D. For
(12)	A. forage	B. hunts	C. swimming	D. eats
(13)	A. laying	B. lays	C. laid	D. lay
(14)	A. fortunately	B. unfortunate	C. misfortune	D. unfortunately
(15)	A. is eaten	B. are eaten	C. have eaten	D. being eaten
(16)	A. was	B. were	C. is	D. are
(17)	A. place	B. sanctuary	C. abode	D. heaven
(18)	A. guard	B. safeguard	C. revive	D. guide

LIVEWORKSHEETS

RATIONAL CLOZE 3

Refer to the text and choose the best word for each space.

Snacks Can Be Healthy

People snack for different reasons. Some snack on food out of habit. Others need a snack to keep them focused. (0) so that they can concentrate on what they are doing. Whatever the reason may be, opt (1) _____ healthy snacks as they keep you feeling full (2) _____ boosting your nutrient intake. What you eat as snack and how much you eat each time makes a (3) _____ to your health. It is (4) _____ vital to make healthy snack choices.

Choose snacks that are wholesome and packed with nutrients. Choosing healthy snacks can be a challenge (5) _____ fried food that are greasy and salty are sold at every corner of the street. So, what can you do when you feel the (6) _____ to snack? Stock your refrigerator with a variety of fruits. Fresh fruits provide an abundance (7) _____ nutrients. Stock your pantry with a wide selection of nuts as they are highly nutritious. However, nuts should not be taken with added sugar or salt. (8) _____ nuts are said to be low in carbs, it does not mean that they can (9) _____ in large quantities. Choosing healthy snacks that are high in protein and fibre helps reduce hunger (10) _____ and keeps you full for several hours between your meals.

To snack or not to snack is really a personal choice. But if you decide to snack between your meals, make sure that you choose healthy food that keep you full and satisfied.

0.	**A** so that	**B** as	**C** while	**D** whilst
1.	**A** to	**B** for	**C** in	**D** at
2.	**A** besides	**B** aside	**C** beside	**D** abide
3.	**A** different	**B** difference	**C** differential	**D** differ
4.	**A** in the same way	**B** in spite of	**C** as well as	**D** therefore
5.	**A** since	**B** consequently	**C** effect	**D** due to
6.	**A** fancy	**B** force	**C** urge	**D** hunger
7.	**A** in	**B** on	**C** of	**D** at
8.	**A** Apart from	**B** Though	**C** Furthermore	**D** As a result
9.	**A** be consumed	**B** be fuelled	**C** be fed	**D** be nourished
10.	**A** pain	**B** relieve	**C** longing	**D** pangs

LIVEWORKSHEETS