B. PRACTICE EXERCISES

I. Choose the best answer to complete each of the following sentences.

1. Food in Northern Vietnam is not as _____ as that in Central and Southern Vietnam, as black pepper is often used rather than chilies.

A. strong B. flavour C. spicy D. exciting

2. Despite the differences in cuisine of each region, there are similarities, such as the _____ for main meals – rice, ways of adding fish sauce, herbs and other flavours.

A. basic B. staple C. foundation D. necessity

3. A meal of Hue people has a natural combination between flavours and colours of dishes, which creates the unique _____ in the regional cuisine.

A. feature B. part C. description D. list

4. _____ of famous dishes in Southern Vietnam are Hu Tieu Nam Vang, Bun Mam, fried rice, flour cake, and many kinds of puddings.

A. Any B. A C. One D. Some

5. If I feel hungry in the afternoon, I _____ snacks like fresh carrots, a bottle of milk or a slice of bread.

A. would have B. had C. might have D. had had

6. My father _____hot pot, in which there is a combination of seasoned broth, vegetables and meats if my mother goes home late this evening.

A. will cook B. would cook C. cooks D. cooked

7. If people work so much, they _____ depressed and eat more food containing a lot of fat and sugar rather than minerals and vitamins.

A. may feel B. could feel C. felt D. may have felt

8. Beet greens are the most _____ part of the vegetable and can be cooked like any other dark leafy green.

A. careful B. nutritious C. traditional D. colourful

9. You _____ chicken. It means that you cook it in an oven or over a fire without liquid.

A. roast B. steam C. fry D. boil

10. Such ingredients as sugar, sugarcane, and coconut water are mostly used in Southern Vietnamese food than in _____ places in Northern and

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Central Vietnam.

A. an B. any C. some D. a

II. Complete the following sentences with a, an, some or any.

1. There aren't _____ good restaurants in this town.
2. Don't worry about lunch. I've bought _____ pizzas.
3. We'd like to stay longer, but we don't have _____ time.
4. Could you give me _____ information please?
5. I'm really hungry now. Can you give me _____ apple?

III. Give the correct form of the word in brackets to complete the following text.

Good cooking is always a strange (1. MIX) _____ of science and art. Certainly, you also have to be fairly creative if you want to come up with your own recipes. All cooking also demands a fair amount of (2. PREPARE) _____, and this is doubly true when you're producing orginal dishes. You also have to be thick- skinned. You'll be (3. SURPRISE) _____ by how honest people can be when it comes to food. I've had people tell me my latest dish is (4. DISGUST) _____ and thoroughly incredible! Sometimes, they were right! But don't get upset. Just smile sweetly and thank them for their valuable opinion. And never forget that when you're waiting (5. ANXIOUS) _____ to hear whether or not your 'masterpiece' is a success and they suddenly show their appreciation you'll realize it was all worth it.

IV. Read the text below and write one word in each blank to complete it.

In a modern dairy, the milking of cows is carried out by machines. Cows are usually milked twice a (1) _____ by a milking machine. The warm milk from cow is collected in a large vat where it is cooled. The milk is then (2) _____ to another part of the dairy for processing.

Fresh milk is converted to pasteurized milk and cream in the processing section of the dairy. A number of machines are used to process the milk. Three of the most (3) _____ machines used to process milk are the separator, the pasteurizer and the homogenizer.

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The separator removes the cream from the milk. Milk without cream is known as skimmed milk. Skimmed milk is drunk by people who want to (4) _____ the fat content in their diet. The pasteurizer serves to heat the milk to a certain temperature so as to destroy any bacteria that it may contain. It is not safe to drink milk that has not been pasteurized. Cream and milk are blended in the homogenized to produce full-cream milk. The milk is then cooked and (5) _____. The bottles are stored in a cool place before they are delivered to shops and homes.

V. Read the text and decide whether the following statements are True (T) or False (F).

A cacao tree is about seven meters high and is covered with large leaves. Up to 6,000 small pink or white flowers appear on a tree every year. Only a few of these flowers produce a pod. Each pod is about 15 to 20 centimetres long and contains from 20 to 50 beans. A tree produces only about 20 to 40 pods a year.

People gather these pods, break them open with large knives, take out the beans, and dry them. After a few days, the beans are cleaned, roasted, and ground into tiny pieces. The natural fat in the beans becomes a liquid. Chocolate is made from this liquid.

Today the largest suppliers of chocolate are Ghana, the Ivory Coast, Nigeria, and Brazil. Ghana got its first cacao tree from Fernando Po, a Spanish colony off the coast of Africa. A Ghanaian who was working on Fernando Po in 1879 took a cacao pod home and planted it. It grew into a tree. Other people slowly started growing cacao trees. Before this, there were wars in the region for decades. When people started growing cacao trees, they stopped fighting. In this way, chocolate brought peace to the Africans there.

A tropical tree with an Indian name brought peace to West Africa. Chocolate brings pleasure to all of us when we eat and drink this delicious food.

1. _____ A cacao tree is about seven meters high and covered with large pink and white leaves.

2. _____ Each year, a cacao tree has 6,000 flowers which produce a pod of

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about 15 to 20 centimetres long and contains from 20 to 50 beans.

3. _____ Chocolate is made from the liquid which are the natural fat in the beans taken out from the cacao's flower pods.

4. _____ People in Ghana started planting cacao in 1879 and cacao trees helped them stop fighting.

5. _____ We can feel happy and comfortable when we eat and drink chocolate.

VI. Read the following text and answer the questions below.

Isn't it amazing how much time we spend talking about food? "Have you ever eaten ...?" "What did you have for lunch?" and so on. And when you travel from one country to another, you find that people have quite different feelings about food. People often feel that what they eat is normal, and that what other people eat is strange or silly.

In most parts of Asia, for example, no meal is complete without rice. In England, people eat potatoes every day. In the Middle East, bread is the main part of every meal. Eating, like so many things we do, becomes a habit which is difficult to change. Americans like to drink a lot of orange juice and coffee. The English drink tea four or five times every day. Australians drink large amount of beer and the French drink wine every day.

The sort of meat people like to eat also differs from one country to another. Horse meat is thought to be delicious in France. In Hong Kong, some people enjoy eating snakes. New Zealanders eat sheep, but they never eat goat meat. The Japanese don't like to eat sheep meat because of its smell, but they enjoy raw fish.

So it seems that although eating is a topic that we can talk about for hours, there is very little common sense in what we say about it. People everywhere enjoy eating what they have always been eating, and there is very little we can do to change our eating habits.

1. What does the writer think of people's opinions about food?

_____

2. What do people in many Asian countries almost always have in their meals?

_____

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