

## UNIT 7.1 - RECIPES

Choose the best answer A, B, C or D to complete the sentences.

- Some of famous \_\_\_\_\_ in Southern Viet Nam are Hu Tieu Nam Vang, Bun Mam, fried rice, flour cake, and many kinds of puddings.  
A. stapes      B. ingredients      C. foods      D. dishes
- Beet greens are the most \_\_\_\_\_ part of the vegetable and can be cooked like any other dark leafy green.  
A. traditional      B. careful      C. colourful      D. nutritious
- It is boring here. \_\_\_\_\_ ever happens in this place.  
A. Anything      B. Something      C. Things      D. Nothing
- Moderation doesn't mean \_\_\_\_\_ the foods you love.  
A. to prevent      B. preventing      C. to eliminate      D. eliminating
- You should eat more fruits and vegetables if you \_\_\_\_\_ to lose weight.  
A. would want B. wanted      C. will want      D. want
- When we were on holiday, we spend too \_\_\_\_\_ money.  
A. a lot of      B. many      C. much      D. lots of
- If people work so much, they \_\_\_\_\_ depressed and eat more.  
A. may feel      B. may have felt C. felt      D. had felt
- Studies suggest \_\_\_\_\_ only when you are most active and giving your digestive system a long break each day.  
A. eating      B. being eating      C. to eat      D. being eaten
- 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 flavors.  
A. foundation      B. necessity      C. staple      D. basic
- Perhaps the three most popular ice cream \_\_\_\_\_ are vanilla, chocolate and strawberry.  
A. offers      B. flavours      C. brands      D. ingredients
- I spend \_\_\_\_\_ my spare time gardening.  
A. most      B. the most of      C. most of      D. most of the
- Your body uses calcium to build healthy bones and teeth, \_\_\_\_\_ them strong as you age.  
A. continue      B. keep      C. remain      D. care
- Food in Northern Vietnam is not as \_\_\_\_\_ as that in Central and Southern Viet Nam, as black pepper is often used rather than chilies.  
A. spicy      B. exciting      C. strong      D. flavour
- Pumpkin soup is a good source of \_\_\_\_\_ minerals and vitamins, especially vitamin A.  
A. fibers      B. fats      C. sugars      D. solids
- There's \_\_\_\_\_ use in complaining. They probably won't do anything about it.  
A. a few      B. a little      C. no      D. some
- If you eat too quickly, you may not \_\_\_\_\_ attention to whether your hunger is satisfied.

A. keep      B. show      C. pay      D. take  
17. Another feature in northern cuisine is in winter all family members gather around a big hotpot \_\_\_\_\_ there is a combination of seasoned broth, vegetables and meats.

A. what      B. where      C. which      D. in which  
18. You \_\_\_\_\_ chicken. You cook it in an oven or over a fire without liquid.

A. fry      B. roast      C. steam      D. boil  
19. \_\_\_\_\_ cups of coffee have you taken?

A. How many      B. How much      C. How      D. How far  
20. Common eating habits that can lead to \_\_\_\_\_ are: eating too fast, eating when not hungry, eating while standing up, and skipping meals.

A. put on weight      B. be heavy      C. gain weight      D. weight gain

**V. Identify the one underlined word or phrase that must be changed to make the sentence correct.**

1. If someone came into the store, smile and say, "May I help you?"  
A      B      C      D

2. If you try these cosmetics, you look five years younger.  
A      B      C      D

3. If you do not understand what were written in the book, you could ask Mr. Pike.  
A      B      C      D

4. I will come to meet Mr. Pike and tell him about your problems if you didn't solve them yourself.  
A      B      C      D

5. Sam will not graduate unless he doesn't pass all the tests.  
A      B      C      D

6. If there isn't enough food, we couldn't continue our journey.  
A      B      C      D

7. Unless you pour oil on water, it will float.  
A      B      C      D

8. You have to take a taxi home if you want to leave now.  
A      B      C      D

9. If anyone will phone, tell them I'll be back at 11:00.  
A      B      C      D

10. We can hire a minibus if there will be enough people.  
A      B      C      D