

Unit 7. RECIPES AND EATING HABITS

Full name: Class:

I. Find the word which has a different sound in the part underlined.

- | | | | |
|--------------------------|-------------------------|-----------------------|-----------------------|
| 1. A. <u>s</u> immer | B. g <u>r</u> ill | C. wh <u>i</u> sk | D. s <u>i</u> ce |
| 2. A. <u>c</u> ube | B. <u>t</u> unnel | C. man <u>u</u> al | D. <u>p</u> uree |
| 3. A. g <u>r</u> ate | B. st <u>a</u> ple | C. cit <u>a</u> del | D. occ <u>a</u> sion |
| 4. A. sp <u>r</u> ead | B. m <u>e</u> asure | C. br <u>e</u> ath | D. br <u>e</u> ak |
| 5. A. chocol <u>a</u> te | B. concentr <u>a</u> te | C. devast <u>a</u> te | D. cooper <u>a</u> te |

II. Match the food quantifiers in column A with the groups of nouns in column B.

Answer	A	B
1. _____	1. a spoonful of	A. lettuce, cabbage, cauliflower, broccoli
2. _____	2. a glass of	B. flour, sugar, oat, beans
3. _____	3. a cup of / a mug of / a pot of	C. sausage, bread, pork, cheese
4. _____	4. a bag of	D. milk, water, beer, wine, cola
5. _____	5. a carton of	E. grapes, bananas, onion, carrots
6. _____	6. a head of	F. eggs, milk, yogurt, soup
7. _____	7. a bunch of	G. honey, medicine, ice cream, sugar
8. _____	8. a cube of	H. garlic, shallots
9. _____	9. a slice of	I. coffee, tea, cocoa, hot water
10. _____	10. a clove of	J. butter, sugar, ice

III. Read the passages and circle the best answer A, B, C or D to each question

Today our knowledge of food and what it does for our bodies is far more advanced than that of the ancients. Now we know about vitamins and how each kind of vitamin helps in the growth of a particular part of our bodies. There are on the market all kinds of vitamins pills which one can take to make up for one's lack of certain important things which are needed for normal health. Of course, if we eat well and properly, the food that we eat will take care of our bodies without these pills and so there is no need to take any kinds of vitamin pills unless our doctor tells us that our bodies are short of something which can be supplied by them. Generally speaking, everything we eat does some good to our bodies, but if we eat too much of one kind of food and pay no attention to others, we may have too much of one kind of chemical substance and not enough of others. Then, we may be in trouble. We are often told that we must eat some meat at each meal in order to get the necessary protein. That is only partly true, for proteins are not only found in meat. We can also get them from some vegetables. The best advice about what to eat is that we should eat all kinds of food but never too much of any.

1. According to the passage, we now know _____.
- | | |
|---|--|
| A. more and more about food and health | B. what food is fit to eat |
| C. how many kinds of vitamins are there | D. more about the growth of our bodies |

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2. People take certain vitamin pills when they _____.

- A. find their bodies are short of something B. want to eat well and properly
C. want to cure some diseases D. think certain foods don't agree with them

3. The writer thinks we should _____.

- A. be careful in choosing food B. eat special food C. have limited food D. have balanced food

4. According to the passage, to get proteins, we must eat _____.

- A. more meat B. only vegetables C. both meat and vegetables D. food and vitamin pills

5. The main topic of the passage is _____.

- A. food and health B. vitamins and proteins C. meat, vegetables and protein D. food and vitamin pills

IV. Choose the verbs from the box to fill in the spaces with correct definitions.

boil	bread	grill	mince	mix
peel	simmer	stew	stir-fry	toast

	1. To stir ingredients together with a spoon, fork or mixer until well combined.
	2. To cook in liquid that is just below the boiling point.
	3. To brown with dry heat in an oven or toaster.
	4. To cut into very small pieces, smaller than chopped or dices pieces.
	5. To simmer slowly in enough liquid to cover.
	6. To heat liquid to the point that bubbles break continuously on the surface.
	7. To cook on a rack over hot coals or other direct heat source that simulates coals.
	8. To coat with flour, then dip into beaten egg or milk, then coat with crumbs from crushed stale bread, cereal or crackers.
	9. To pull away, strip or cut off the outer covering of a fruit or vegetable.
	10. To cook in a frying pan or wok over high heat in a small amount of fat, stirring constantly.

V. Fill in the blank with one suitable word.

In some cultures, when you are invited to have a meal at someone's house, you might be considered rude if you don't say (1) _____ nice the food is. In Britain, for example, it's normal for someone to compliment the cook (2) _____ the tastiness of the meal. You can say something like "That was delicious. Do, please, write the (3) _____ down for me!" In other cultures, however, people tend (4) _____ to be so full of enthusiasm for the meal. You might be regarded as (5) _____ rude, as the cook might associate your praise (6) _____ surprise. He or she might think, "So, they're shocked I can cook well, (7) _____ they?"

If you're not sure how to react, the best advice (8) _____ to wait and see how other people at the table react. If that doesn't help, be very careful about (9) _____ you say! I would suggest that one solution could be to say, "That was delicious, but (10) _____ I knew it would be!"

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