

PART A. PHONETICS

I. Choose the word whose underline part is pronounced differently from the rest. Circle A, B, C or D to indicate your answer. (3câu)

- | | | | |
|--------------------------|--------------------|--------------------|-------------------------|
| 1. A. si <u>mm</u> er | B. gr <u>ill</u> | C. wh <u>i</u> sk | D. sl <u>i</u> ce |
| 2. A. de <u>l</u> icious | B. le <u>m</u> on | C. pe <u>pp</u> er | D. ve <u>g</u> etable |
| 3. A. reci <u>p</u> es | B. pr <u>a</u> wns | C. sala <u>d</u> s | D. ingre <u>d</u> ients |

II. Choose the word which has different stress pattern from the rest. Circle A, B, C or D to indicate your answer. (2câu)

- | | | | |
|----------------|------------|---------------|--------------|
| 1. A. tender | B. arrange | C. salad | D. simmer |
| 2. A. marinate | B. recipe | C. nutritious | D. healthily |

PART B. LANGUAGE FOCUS

I. Choose the best answer A, B, C or D to complete the sentences. (10câu)

- _____ is a traditional dish made from layers of pasta, meat sauce and tomato sauce. It's popular all over the world.
A. Curry B. Steak pie C. Lasagne D. Fajitas
- Don't let your son use this sharp knife. It's very _____.
A. danger B. dangerous C. endanger D. dangerously
- My mother thinks that it's important _____ a new day with a good breakfast so she always gets up early to prepare breakfast with nutritious things for us.
A. to get B. to start C. to decide D. to make
- _____ is a healthy dish of small cakes of cold cooked rice, flavoured with vinegar and served with raw fish, avocado, etc.
A. Sushi B. Cobb salad C. Beef noodle soup D. Mango sticky rice
- A steak pie is a traditional meat pie _____ in Britain. Beef steak and gravy are enclosed in a pastry shell and baked in the oven.
A. served B. serving C. service D. serve
- Some of my friends sometimes skip breakfast _____ they get up late in the morning.
A. because of B. although C. in spite of D. because
- A: There's nothing left in the fridge. Let's eat out tonight. – B: _____
A. That's a good idea B. Oh, the fridge is empty C. Thank you D. No, I don't mind
- To make this cake successfully, you should _____ the eggs lightly.

A. chop B. grate C. slice D. whisk

9. There isn't _____ milk in the fridge.

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

10. Add two _____ of vinegar and a _____ of salt.

A. tablespoons/teaspoon B. buches/clove C. bottles/stick D. heads/slice

II. Supply the correct tense or form of the verb in parentheses. (5câu)

1. If you (finish) _____ your dinner, you can watch TV.

2. If she eats less fast food, she may (lose) _____ weight.

3. If you want (study) _____ abroad, you should learn to cook

4. This is the first time I (make) _____ sakura butter cookies.

5. It's estimated that 1.3 billion tons of food (waste) _____ annually.

1. Finish 2. Lose 3. To study 4. Have made 5. Are wasted

III. Choose the letter A,B,C or D to indicate that underlined part that needs correction.

1. Can you go (A) to the supermarket (B) and buy (C) me any (D) things?

2. Stop drinking or (A) drink more (B) soft drinks if (C) you want to lose (D) weight.

3. My mother told (A) me that she could (B) bake a (C) apple pie for (D) us.

4. The (A) secondo is a small serve of (B) fish, chicken or meat, and it's (C) often grilled and served (D) without sauce.

5. One of the main reasons (A) teens have (B) bad eating habits are (C) because of (D) their very busy schedules.

PART C: READING

I. Choose the word or phrase among A, B, C or D that best fits the blank space in the following passage.

A Healthy Life?

Many health experts believe that children and young people today are more(1) _____ than they used to be. So why has this happened? It is bad eating habits. (2) _____ of young people don't have a healthy diet. They eat too much fast food (3) _____ hamburgers and pizza and not enough fruit and vegetables. In the US, many children (4) fast food regularly since they were very young. In fact, almost one-third of American children aged four to nineteen have been eating fast food nearly all the time. They also don't do exercise and spend too(5) _____ of their time watching TV, surfing the Internet or playing computer games.

1. A. unhealthy B. healthily C. healthy D. unhealthily

2. A. Many B. Much C. Lots D. Very few

3. A. such B. includes C. as D. like

4. A. eat B. are eating C. have been eating D. ate

5. A. many B. much C. mostly D. most

II. Read the following passage and answer the questions:

Japanese people are famous for their well-balanced and healthy diet.

Typically, a Japanese meal consists of rice, miso soup, the main dish(es) and pickles. Rice is the staple and plays a central part in people's eating habits. Japanese rice is sticky and nutritious, so when combined with the main dishes and the soup, they make a complete meal. The portions of each dish are individually served. The most important characteristic of their eating habits is they like raw food and do not use sauces with a strong flavour. Two typical examples are sashimi and sushi. The

Japanese make sashimi simply by cutting fresh fish. Then they serve it with a dipping sauce made from soy sauce and spicy Japanese horseradish (wasabi). Sushi is similar. The cooked, vinegared rice can be combined with raw fish, prawn, avocado, cucumber or egg. Sushi is usually served with soy sauce and pickled ginger. It is said that the Japanese eat with their eyes. Therefore, the arrangement of dishes is another significant feature of their eating habits. If you join a Japanese meal, you may be excited to see how the colourful dishes are arranged according to a traditional pattern. In addition, there are plates and bowls of different sizes and designs. They are carefully presented to match the food they carry.

1. What is the most important feature of Japanese eating habits?

2. How do they make sashimi?

3. What sauce can both sashimi and sushi be served with?

4. How many components are there in a typical Japanese meal?

5. How is rice important in Japanese meals?

PART D: WRITING

I. Complete the second sentence so that it means the same as the sentence before.

1. Want to lose weight and you should eat less rice and sweet food.

If _____

2. Enter this cooking competition or you can't improve your cooking skills.

If _____

3. Unless you are tired, you shouldn't drink this herbal tea.

If _____

4. Let's go to the Little Italy then?

Kitty suggests _____

5. What amount of bacon do you need for the salad?

How much _____

II. Complete the sentences based on the words given. You can add extra words or make changes:

1. You/ can/ not/have/ good/ health/ unless/ exercise/ more.

2. You/ should/ stop/ eat/ sweets/ if/not/ want/ have/ toothache.

3. Young/ children/ should/not/ allow/ watch/ TV/ more/ 3 hours/ day.

4. Mai/ can/not/ concentrate/ learning/ unless/ her/ brother/ stop/ make/ noise.

5. Students/ must/ follow/ school/ rules/ if/ they/ not/want/ get/ trouble.

III. Write a paragraph about the advantages and disadvantages of eating out. You should write in about 100-120 words. You can use these ideas as cues:

- Advantages: + save time
+ relax