

Focus 3. Unit 4. Lanfuage Test

Vocabulary

1 Complete the sentences with the missing words. The first letters are given.

- 0 A balanced diet that includes protein, vegetables and grains is very important.
- 1 If you get hungry during the afternoon, you can have a healthy s _____ like nuts or fruit.
- 2 Our m _____ salad includes lettuce, cabbage, carrots and tomatoes.
- 3 That was such a h _____ meal that I nearly fell asleep afterwards!
- 4 I always put c _____ pepper in my soup because it makes it taste more interesting.
- 5 Could you buy a loaf of w _____ bread, please? It's much tastier than the white sort.

Complete the sentences with the words in the box. There is one extra word.

homemade	household	energy
safety	hot	tinned
	stale	

- 0 My grandmother makes homemade soup with lots of vegetable in it.
- 1 These _____ biscuits are disgusting! Someone must have left them out on a plate overnight.
- 2 The waiter didn't warn me that the dish was very _____. It was too spicy for me to eat!
- 3 We are trying to reduce our _____ waste by buying things with little or no packaging.
- 4 Be careful when cooking with _____ tomatoes. They usually contain more salt and sugar than fresh vegetables.
- 5 Food _____ standards are very strict in most countries because they don't want a lot of people to get seriously ill.

Grammar

3 Complete the sentences with the words in the box. There are two extra words.

#	as soon as	after	unless
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- 0 I can prepare something if you are hungry.
- 1 Remove the biscuits from the oven _____ you can see they're turning brown.
- 2 You should keep the fruit in the fridge _____ you want to eat it right now.

if	before	until	when
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- 3 Please remember to wash your hands _____ you touch the food so you don't get any germs on it.
- 4 I always get hungry _____ I watch one of those cooking programmes on television.
- 5 You will learn how to cook this dish _____ you pay close attention to all the steps.

Use of English

Choose the correct option.

WHAT ARE WE EATING TODAY?

Friday 3:30p.m.

I had lunch just two hours ago, but I'm so ⁰ _____ now that I can't think about anything else but food. I can't wait to get home. ¹ _____ I get there, my girlfriend and I will start cooking. My nutritionist has advised me to eat more healthily, so today we're having ² _____ rice and fish for supper. Rice is very easy to prepare. You just need to put it in a pan with water and check about forty minutes later to see if it is ready. It's important to make sure that it is not ³ _____ or hard in the middle, so cook it for a few more minutes if necessary. We're going to eat the fish in a mild sauce along with a simple green salad. It sounds like a healthy, simple meal. ⁴ _____? I hope there isn't much traffic tonight so that, by 6 p.m., we ⁵ _____ a perfect homecooked meal.

- 0 A thirsty B tired C hungry
- 1 A As soon as B Unless C Before
- 2 A ground B brown C wholemeal
- 3 A rotten B stale C raw
- 4 A won't it B isn't it C doesn't it
- 5 A will enjoy B will be enjoying C will have enjoyed

6 Choose the correct option.

- 0 X: What's your favourite fruit?
Y: I like mangoes, but my favourite are A.
A grapes B carrots C biscuits
- 1 X: Are you going to have a dessert, Mark?
Y: _____ you promise to have one, too.
A As long as B When C Until
- 2 X: So, does that sauce taste good?
Y: Well, it's a bit _____. I think it needs more salt and pepper.
A bland B sour C bitter
- 3 X: _____?
Y: Well, we have a mushroom stew without meat, and a bean and vegetable dish.
A Do you have any vegetarian dishes?
B Can you tell me what the special salad is?
C Can I order, please?
- 4 X: Why are you in such a hurry?
Y: Because I've got so much homework to do. If nothing disturbs me, I _____ three essays by six o'clock.
A will write B will be writing C will have written
- 5 X: You seem to spend a lot on your everyday shopping!
Y: I know, but I always buy _____ food because I'm worried about dangerous chemicals in normal products.
A fattening B light C organic