

# Foodies' Delight

## Vocabulary Practice

1. Fill in the correct words from the box. Use them only once.

room eating gourmet fast-moving vast  
balanced the pressures chocolate junk to keep side  
to do heart high saturated couch potato



1. a(n).....world.	9. ....of modern life
2. .....bars	10. ....fat
3. a(n).....lifestyle	11. ....service
4. .....the body fit	12. ....no harm
5. .....in calories	13. a(n).....diet
6. .....food	14. ....dishes
7. .....habits	15. the.....majority
8. .....disease	16. ....effects

2. Fill in the correct words from the list below.

let alone signify gain nutrients limit research tend to  
rejecting predicting adolescence glowing skin consume

1. Vegetables are an essential part of our diet as they contain a lot of ..... (healthy substances)
2. I don't even know what a breadfruit like now what a looks like, ..... what it tastes like! (not to mention)
3. You should..... the amount of chocolate you eat if you want to lose weight. (restrict)
4. The stars on the label.....that the brandy is of the best quality. (mean)

5. Scientific .....has shown that saturated fats are a major cause of cancer. (investigation)
6. People who eat lots of sweets..... have dental problems. (are likely to)
7. Jill is overweight because she ate so much junk food during her..... (teenage years)
8. Her..... is a result of all the fruit and vegetables she eats. (healthy looking complexion)
9. More and more people are.....meat in favour of more fruit and vegetables.(not accepting)
10. Unless you cut down on junk food and sweets, you will..... weight! (put on)
11. Nutritionists are.....that junk food consumption will increase in the near future. (foreseeing)
12. Young people..... large amounts of carbonated drinks with their meals. (take in)

**3. Fill in the blanks with the correct words.**

SPICY   OVERCOOKED   CRUNCHY   STALE   SUGARY

1. Indian food is often very hot and .....
2. I'm sorry for being so noisy, but this apple is really .....
3. Haven't we got any fresh bread? This loaf is.....
4. The meat was .....because she forgot to take it out of the oven on time.
5. Fizzy drinks are very.....and can be bad for your teeth.