

GET 200 Progress Test Food

LEVEL I

Complete the text with the correct words. The first letters have been given.

I'm going to give you an easy (1) **r**_____ for a salad. All you need is some cabbage, onions, cheese, and a (2) **t**_____ of tuna. (3) **C**_____ the cabbage and the onions and put them into a bowl together with the fish. For the dressing, (4) **g**_____ the cheese and mix it with (5) **m**_____ and season to taste. The dressing is quite (6) **m**_____ – if you want it more spicy, add extra pepper. Sprinkle with fresh (7) **h**_____ of your choice – oregano, basil, parsley – and serve immediately.

LEVEL II

Match words 1–7 with words A–I to form collocations. There are two extra words in the second column which do not fit any expressions from the first column.

	A pear
1 full English	B meat
2 well-balanced	C milk
3 a celebrity	D breakfast
4 a wine	E crisps
5 undercooked	F list
6 skimmed	G diet
7 a packet of	H soup
	I chef

LEVEL III

Choose the correct words to complete the sentences.

- 1 I don't like instant coffee. I prefer freshly **ground** / **skimmed** / **poached**.
- 2 Can you help me with the pizza, please? You could **peel** / **grate** / **squeeze** some cheese.
- 3 We don't buy skimmed milk. We prefer **mature** / **medium** / **full-fat** milk.
- 4 She decided to have roast chicken with a few side **plates** / **dishes** / **portions**.
- 5 I've already laid out the plates, so can you handle the **cutlery** / **crockery** / **ladles**, please?
- 6 I went on a **full** / **speed** / **crash** diet as I wanted to lose weight quickly.

LEVEL IV

Complete the sentences with the correct words. The first letters have been given.

- 1 The cake smelled so good I couldn't **r**_____ the temptation to have a piece.
- 2 Both the food and service were excellent and we were just over the **m**_____ with them.
- 3 The Baltic Herring Festival held in Helsinki is **h**_____ popular and attracts thousands of visitors each year.
- 4 Food festivals are not my **c**_____ of tea.

LEVEL V

Read the text and complete the sentences with the correct answer A, B, C or D.

We all know that fruit and vegetables are among the best sources of vitamins and nutritional elements in our diet. That is why many people believe that eating lots of fresh fruit and vegetables can (1)___ wonders to help us stay healthy and slim. But is it really good for you to eat fresh fruit in large amounts on a regular basis?

The main problem is that modern farming methods have led to the production of fruit which is very different from that growing in the natural environment. The fruit is now larger and sweeter, which means that it contains much more sugar than earlier varieties.

relying on fruit in our diet may badly (2)___ our general health. For example, medical research has shown that a lot of fruitarians (people who eat only fruit) complain about problems with their teeth, skin and hair. While some of these illnesses are certainly (3)___ by the fact that fruitarians lack some essential nutritional elements, such as fatty acids, other problems are triggered by the hormones that regulate sugar levels in our body. A number of fruitarians have been diagnosed with heart diseases and diabetes due to their unbalanced diets.

The good news, though, is that eating fruit in moderation can greatly (4)___ a well-balanced diet.

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|----------------|--------------|-----------|-----------|
| 1 A make | B work | C get | D take |
| 2 A affect | B effect | C result | D assure |
| 3 A made | B started | C led | D caused |
| 4 A compliment | B complement | C consist | D include |

LEVEL VI

WRITING TASK – a for-and-against paragraph

Nowadays you can buy ready-made meals in the shops. Write a paragraph presenting benefits and drawbacks of such food.

Write at least 50 words.