

1 Circle the correct item.

- 1 You shouldn't your food in oil or butter, if you are trying to cut down on your fat intake.
A bake C fry
B grill D smoke
- 2 I don't eat red meat so I'll have the burger, please.
A beef C chicken
B veal D lamb
- 3 The recipe says we need 200 grams of sugar and half a litre of cream.
A granulated C processed
B pasteurised D iodised
- 4 The party will be held at an exclusive so please dress smartly.
A café C restaurant
B canteen D dining room
- 5 You'll ruin your teeth by eating all those sugar- sweets!
A dried C toasted
B mashed D coated
- 6 It is much better to eat steak as it is lower in fat and cholesterol.
A lean C red
B fatty D minced
- 7 Colin got food poisoning after he tried to eat fish.
A raw C rare
B medium D well-done
- 8 Grate the into the mixing bowl.
A cheese C butter
B cream D yoghurt

2 Choose:

- 1 Doctors recommend taking supplements to boost your immune system following sickness.
- 2 The system is responsible for breaking down food so that it can be absorbed into the body.
- 3 Laurie got poisoning after eating gone-off chicken.
- 4 Mr. Jones was kept in hospital so that his functions could be monitored by professionals.

3 Choose:

I had a fantastic meal at the Golden Palms Bistro, I would **1)** it to anyone. The food was absolutely delicious and the service was so fantastic that I just had to **2)** a tip. Our waitress came straight over to **3)** our order. She chatted to us and even helped us **4)** our desserts by suggesting which ones she thought we would like best. It was the best meal I've had in a long time. However, as the restaurant gets so busy, it is definitely a good idea to **5)** a table in advance.

4 Choose the option A, B or C that best replaces the word(s) in bold.

- 1 The chef **picks out** only the freshest vegetables to use in his dishes.
A grows B buys C selects
- 2 The milk in the fridge **has gone off**.
A is out of date B is all gone C is missing
- 3 The waiter will **seat** you in a moment.
A show you to your table C serve your meal
B take your order
- 4 Alan said that he **was a little short of** flour.
A didn't need much C couldn't find any
B didn't have much
- 5 Peter enjoys **coming up with** his own recipes.
A inventing B sharing C tasting

5 Choose:

- 1 Peter, can you a picnic for the beach, please?
- 2 At our exclusive restaurant, we invite you to on gourmet food in luxurious surroundings.
- 3 The staff the fish dish: They say it's particularly tasty.
- 4 We all our main courses with a choice of chips, rice or salad.
- 5 On a hot summer's day, I love nothing more than a glass of home-made lemonade to my thirst.

6 For sentences 1-5, translate the fragments in brackets into English to create logically and grammatically correct sentences. Use up to five words in each gap.

- 1 I'm not eating chocolate at the moment in order (**nie przytyć**) before the wedding.
- 2 If you have trouble sleeping,..... (**powinieneś unikać**) eating foods that are high in sugar before you go to bed.
- 3 We're (**kończy nam się**) milk. Could you pick some up on your way home?
- 4 Robert left for Paris (**żeby zostać**) a pastry chef.
- 5 Since the New Year, we've (**ogranaczyliśmy**) the amount of junk food and takeaways we eat.