

Name: _____

Class: _____

Date: _____

StartUp3 Unit 4 Test

LISTENING

Listen to the podcast and answer the questions.

(Audio track: StartUp3_Unit04_Test_01)

- _____ 1. What is this podcast about?
- a. How to change your eating habits. c. What snacks are the best.
b. Why diets don't work. d. Why people should lose weight.
- _____ 2. Choose the foods that Martha recommends eating.
- a. chicken d. brown rice
b. eggs e. fish
c. potatoes
- _____ 3. According to Martha, what's the difference between oatmeal and potato chips?
- a. People prefer to eat potato chips. c. People often eat too many potato chips.
b. Oatmeal can keep you full. d. Oatmeal is too sweet.

PRONUNCIATION

A. Listen. Cross out (—) the vowel letter that is not pronounced.

4. (Audio track: StartUp3_Unit04_Test_02)

business

5. (Audio track: StartUp3_Unit04_Test_03)

people

B. Listen. Choose the phrase that pronounces the word "of" differently.

- _____ 6. (Audio track: StartUp3_Unit04_Test_04)
- a. a gallon of milk
b. a box of oats
c. a box of cereal
- _____ 7. (Audio track: StartUp3_Unit04_Test_05)
- a. a bottle of oil
b. a bowl of ice cream
c. a pint of blueberries

GRAMMAR

A. Complete the sentences with *some*, *any*, or *no*.

8. Aren't there _____ Korean restaurants in this area?
9. There's _____ milk in the fridge if you want it with your coffee.
10. Why are there _____ forks in this kitchen?

B. Complete the conversation with *much*, *many*, or *a lot of*.

11. A: How _____ milk do we need for these pancakes?
B: I think about 2 cups.
12. A: There aren't _____ cookies left. Do you want one?
B: No, you can have them.
13. A: The salt shaker is empty. Do we have any more?
B: We have _____ salt. Two big bags.

C. Complete each sentence with *too much*, *too many*, or *enough*.

14. I didn't put _____ honey in this oatmeal.
15. There is _____ ice in this freezer to fit a frozen pizza.
16. I drank _____ glasses of wine at the party last night.

VOCABULARY

A. Complete the sentences with the correct phrase:

- | | |
|-------------------------------|------------------|
| a. an oatmeal cookie | d. lemon |
| b. an iced tea | e. ketchup |
| c. spinach and mushroom pasta | f. a fruit salad |

17. A: Hello. What would you like to drink?

B: Can I please have _____?

A: Of course. What would you like to have before your main meal?

B: Let's see. I want something healthy.

A: What about _____?

B: That sounds good. Oh, and can I please have a slice of _____ in my drink?

A: Sure.

B. Choose the correct word to complete each sentence.

_____ 18. I need _____ of blueberries for my fruit juice.

- | | |
|-----------|-------------|
| a. a box | c. a piece |
| b. a pint | d. a bottle |

_____ 19. You should take your medicine with _____ of water.

- | | |
|----------|-------------|
| a. a can | c. a glass |
| b. a jar | d. a gallon |

_____ 20. We need _____ of sugar to bake a cake.

- | | |
|-----------|------------|
| a. a loaf | c. a slice |
| b. a cup | d. a bowl |

C. Complete the following sentences with the correct food item.

- | | |
|---------------|-----------------|
| a. hamburgers | d. hot dog |
| b. pie | e. potato salad |
| c. lemonade | |

_____ 21. I like to eat _____ with lettuce, tomato, and cheese.

_____ 22. I would like a side of _____ with my meal.

_____ 23. Let's order some _____ for dessert.

CONVERSATION

Complete the following conversation with the correct sentence.

- a. Hmm. No, I'm sorry!
- b. I don't really care for salad.
- c. Are there any veggie burgers?
- d. I love hamburgers.

24. A: Let's have something to eat.

B: OK. I'm going to have a burger. Would you like one?

A: Um... _____.

B: _____. There aren't any left.

A: That's OK. Um... I think I'll have a grilled vegetable wrap.

Complete the following conversation with the correct phrase.

- a. That's not enough
- b. I planned everything
- c. That's too many
- d. But you forgot about the food

25. A: What do we need for the picnic? I'm making a list.

B: Uh, how about some ribs?

A: OK. Ribs. What else?

B: Well, we need some hot dogs. Let's get six.

A: Six? _____! Let's get twenty-four. Anything else?

B: Hmm. How about blueberry pie. Maybe ten?

A: _____! Only twelve people are coming.

READING

Read the article and answer the questions.



Is Bigger Really Better?

The last time that you had some ice cream for dessert, did you have half of a cup or did you have more? If you had more, you're not the only one. These days, portion sizes, or the amount of food that people eat, both at restaurants and in their homes, is more than ever before.

At restaurants, meals are getting larger and larger, and at home, dinner plates are doing the same. Cars now have bigger cup holders to put our extra-large drinks. A small drink is now twice the size that it was in the past. A recent American study even found that the portion size of meat has increased by an extra 100 calories per day in recent years. That may not seem like a lot, but that is about 10 pounds of weight in one year! As everything gets bigger, it can be hard to know when you are eating too much.

The problem is that people tend to eat or drink what is in front of them, and often there is too much in front of them! In fact, many people don't know what a healthy amount of food looks like. So, without counting the calories of all the foods you eat, how can you be sure that you're not eating too much?

Well, when eating out, if the meal seems much too large, take half of it home to enjoy on another day. Or try getting one meal and sharing it with a friend. When you're at home, try eating on a small plate, instead of a large one. And finally, eat more slowly. When you eat quickly your body might not feel full until you have already eaten too much. So, take your time and enjoy every bite!

_____ 26. According to the article, people now _____ than in the past.

- a. eat at restaurants more
- b. eat more food
- c. eat faster

_____ 27. What advice does the author give?

- a. Take home half of your meal from a restaurant.
- b. Count the calories in the food you eat.
- c. Eat all of the food that is in front of you.

WRITING

Choose the best word to complete each sentence.

- a. but
- b. while
- c. and
- d. since

28. Hey John,

How are you doing? I was thinking about sharing one of my favorite drinks in the summer. It's a drink called Horchata. We basically put water and rice together, _____ we add some other things like sugar and cinnamon. _____ I made a lot, I wanted to share with you. Well, I'll see you later.

Tiffany