

Unit 5: Food and Drinks	ENGLISH TEST 15 MINUTES No.2 (Unit 5)
Class: 7/2	Teacher: Ms. Ngan

Student's name:

1. Circle the odd one out. (2 marks)

1.	a. pizza	b. Pho	c. sand	d. chips
2.	a. short	b. sauce	c. long	d. deep
3.	a. juicer	b. pot	c. pork	d. spoon
4.	a. cucumber	b. chips	c. fried chicken	d. snacks
5.	a. sour	b. delicious	c. spicy	d. orange

2. Match the underlined words with their meanings. (3 marks)

1. Oatmeal	a. cooking something slowly, often in water
2. Taste	b. a type of flour made from oats
3. Broth	c. soup made by boiling bones, meat, ect. and vegetables in water
4. Stewing	d. the flavour of something
5. Boneless	e. without bones

3. Read the text and answer the questions.



HEALTHY FOOD

Healthy food is good for you. You need to have strong bones. The best part about healthy food is that it is tasty!

You should eat 4 **servings** of grains every day. You can find grains in **bread**, **rice** and **oatmeal**. You should not forget about **milk**, **cheese** and **yogurt** too. They will give you strong bones.

Meat, **beans** and **fish** provide your body with iron and protein. You need them to grow your muscle. **Fruit** and **vegetables** are super important. You should eat many types every day!

Even though **chips** and **cookies** are tasty, only eat a few of them at a time, it is **junk food**. Eat healthy food; your body will thank you!

1. How many servings of grains should you eat everyday?
2. Where are grains found?

3. What foods give you strong bones?
4. What nutrients do meat, beans, and fish provide for the body?
5. Don't eat a lot of chips and cookies (junk food). Yes or No.
Why?