Reading

Read the article about learning to love vegetables. Then for questions 1-5, choose the best answer, A, B, C or D.

Learning to love a vegetable

We have a very strange relationship with food, if you think about it. We often love the foods that are bad for us, and we hate the ones that are good for us. Why don't we like all foods the same?

We love junk food because it is full of either sugar or fat or both. Sugar and fat aren't good for us, but they have a lot of flavour, so when we taste them, we usually like the food that has them straight away. But we can learn to like other tastes as much as we like the taste of sugar and fat. One study gives an example of how we can learn to love the flavours of healthy foods when we add some sugar and fat to them first.

To explain this, let's take Mikey, who is 8 years old. Mikey didn't like carrots, at all. He tried one once, which was cold and uncooked, and he told his mum, with certainty, that he hated them. One day, his mum decided to cook some carrots with a little sugar and butter. She asked him, very nicely, to try a cooked piece of carrot. She was surprised to see that he liked it a lot. Mikey began to eat them more often, and soon he liked them as much as he liked pizza and burgers. He even started to like the taste of uncooked carrots. How is that possible? He had said that he hated them!

The study says that we like some flavours straight away, like sugar and butter, but we can learn to like other flavours when we taste them again and again. So, with the example of the cooked carrots, the flavours of sugar and butter were there, which Mikey liked. After he ate cooked carrots several times, he began to like the natural flavour of carrots, even uncooked with nothing added at all.

It seems like a lot of trouble to go through, just to get someone to like the taste of carrots. Why is it so important? Vegetables are full of vitamins, which help us fight infections, such as colds or the flu. They also make our bodies stronger, so we're less likely to break an arm or leg if we fall. But when we cook them, they lose some of those vitamins. So it's good to eat some uncooked vegetables every day, and it certainly helps if we like their taste!

1 What does the writer NOT understand about our relationship with food?
- A that we hate unhealthy foods because they are bad for us
- B that we don't love all foods no matter what they are
- C that we only like healthy foods because they are healthy
- D that we love foods that are good and hate foods that are bad

2 What happens when we eat foods with sugar and fat?
- A We always like them straight away.
- B Often, we enjoy those foods immediately.
- C We want to eat something healthy later on.
- D We have trouble enjoying other foods.

3 Why did Mikey eat the cooked carrots?
- A He always eats his mum's cooking.
- B They didn't look like carrots any more.
- C His mum asked him in a nice way.
- D He knew his mum had cooked something good.

4 How did Mikey start to like the natural flavour of carrots?
- A He started eating them uncooked.
- B He ate them without sugar or butter.
- C He started having them with burgers and pizza.
- D He ate them cooked many times first.

5 What's the difference between cooked and uncooked vegetables?
- A Uncooked vegetables are better for us.
- B Cooked vegetables have more vitamins.
- C Uncooked vegetables cause infections.
- D Cooked vegetables always taste better.

Reading: ____ / 10

LIVEWORKSHEETS

Vocabulary

1 Complete the dialogues with these verbs.

break give go have lift make take

1 A: This box is heavy for me to carry.
B: I'll _____ you a hand with it.

2 A: What is the doctor going to do?
B: She's going to _____ your temperature.

3 A: I would like to _____ an appointment to see the dentist.
B: OK. How about tomorrow morning at 10 o'clock?

4 A: Wish me luck!
B: Yes, _____ a leg!

5 A: Did Harry help you?
B: No, he didn't _____ a finger.

6 A: I'm very tired.
B: Why don't you _____ a rest?

7 A: What will Gary do when he sees his present?
B: I think he'll _____ bananas!

____ / 7

2 Complete the words in the sentences. The first letter is given to help you.

1 When I was on holiday in Greece, I had fruit and y _ _ _ _ _ _ for breakfast every morning.
2 Farmers can use the milk from their cows to make b _ _ _ _ _ and cheese.
3 This p _ _ _ _ _ _ of spaghetti is really small. I will still be hungry after I eat it!
4 It's very cold in the classroom. My f _ _ _ _ _ _ are freezing and I can't hold my pen.
5 The doctor told me I needed some m _ _ _ _ _ _ _, so I went to the chemist's to buy it.
6 Look at all the different pizzas on the m _ _ _ _. I don't know which one to choose!
7 Many dishes from the European countries Spain, Greece, Italy and France contain g _ _ _ _ _.
8 When my grandfather was sick and in h _ _ _ _ _ _ _, we went to see him every day.

____ / 8

3 Circle the correct words.

1 I can't eat chocolate or chips because I am **in / on** a diet.
2 Did you know that a lot of people are allergic **for / to** nuts?
3 I bought the wrong kind of bread from the supermarket **by / from** mistake.
4 Fish is very good **for / to** you. In fact, it's much healthier than red meat.
5 It's not a good idea to eat food products that are out **from / of** date.

____ / 5

LIVEWORKSHEETS

4 Complete the sentences with these phrasal verbs.

give up **look after** **sit around** **stay up** **warm up**

1 During the school holidays, my brothers _____ the house every day and do nothing.
2 Jason and Sue always _____ their two younger sisters when their parents aren't at home.
3 There's a really good movie on at 11 o'clock tonight. Let's _____ and watch it.
4 The doctor told my grandmother to _____ sweets, but she says it's difficult for her to do.
5 Every morning before school, I do some exercises to _____ and then I swim for an hour.

___ / 5

Vocabulary: ___ / 25

Grammar

1 Circle the correct words.

1 **The** / **-** rich are lucky. When they get sick, they can go to the best doctors and hospitals.
2 Can I get you **much** / **some** coffee? Or would you prefer tea?
3 My brother has found a summer job, he's **a** / **the** waiter in a café.
4 This dish is easy to make. I only need some vegetables and **a little** / **a few** oil.
5 Doctors say you should eat **-** / **the** fresh fruit and vegetables every day.
6 There were **a lot of** / **lot of** sick people who were waiting to see the doctor.
7 They only pay my brother five euros **an** / **the** hour at the restaurant where he works.
8 Nick can't come with us to the café because he doesn't have **much** / **no** time.

___ / 8

2 Complete the second sentence so it has a similar meaning to the first sentence, using the word in bold. Do not change the word in bold. Write between two to five words.

1 There is no milk in the fridge.
ANY
There _____ in the fridge.
2 Everyone ate dinner before I got home.
BY
Everyone had _____ I got home.
3 Jack jogged around the park and then he sat down and rested.
AFTER
Jack sat down and rested _____ around the park.
4 There were only a few cakes in the shop, so we left.
NOT
There _____ in the shop, so we left.
5 We bought our tacos and ate them straight away.
HAD
We ate our tacos as soon as _____ them.

___ / 10

LIVEWORKSHEETS