

FOOD

PRACTICE



Choose the correct option.

1. Which of the following is a type of pasta?

- a. Croissant
- b. Spaguetti
- c. Sandwich
- d. Burrito

2. What is the main ingredient in guacamole?

- a. Tomatoes
- b. Avocados
- c. Carrots
- d. Potatoes

3. Which of the following foods is commonly associated with the Mediterranean diet?

- a) Sushi
- b) Quinoa
- c) Olive oil
- d) Tacos

4. If you were to describe a dish as "umami," which of the following would it most likely contain?

- a) Sweet and sugary flavors
- b) Sour and tangy flavors
- c) Savory and rich flavors
- d) Spicy and hot flavors

Choose the correct description of each concept

- a. Vegetarian ___ Plant-based food high in protein.
- b. Gluten ___ A substance in wheat that can cause allergies.
- c. Fermentation ___ The process of creating food with microorganisms.
- d. Organic ___ A diet that excludes all animal products.
- e. Protein ___ Traditional food preparation of a region.
- f. Vegan ___ Foods made from milk.
- g. Dairy ___ A diet that excludes meat but may include other animal products.
- h. Cuisine ___ Food grown without synthetic chemicals or GMOs.

Complete the sentences with the correct word.

1. The chef carefully selected the _____ (ingredients / decorations) for the gourmet dish to ensure the perfect flavor.
2. If you want to make the sauce richer, you should add a _____ (splash / pinch) of cream at the end.
3. The restaurant is known for its _____ (fusion / traditional) cuisine, combining flavors from different cultures.
4. He has been _____ (cutting / cultivating) his own vegetables for years and prides himself on their quality.
5. Many people avoid eating _____ (processed / raw) foods because of the health risks associated with preservatives.

Drag the food items to the correct category.

Fruits

Vegetables

Proteins

Grains

Dairy

Words: Apple Carrot Chicken Rice Milk Banana Broccoli Cheese Salmon Wheat

Listen to the following video about the importance of a healthy breakfast. Then answer the comprehension questions.

What dairy products does the video mention for a good breakfast?

What proteins is recommended for breakfast?

What happens to our body if we don't eat breakfast?

Why is the first meal of the day important?

Read the paragraph below and answer the questions.

Eating a balanced diet is important for maintaining good health. A healthy meal includes a variety of foods, such as fruits, vegetables, proteins, and whole grains. For example, you can have a bowl of oatmeal with fruit for breakfast, a salad with chicken for lunch, and fish with vegetables for dinner. Drinking plenty of water and avoiding sugary drinks is also essential for staying hydrated. Remember, eating different kinds of food helps your body get all the vitamins and nutrients it needs.

Questions:

1. What are some of the foods that should be included in a healthy meal?
2. What is an example of a healthy breakfast mentioned in the paragraph?
3. What should you drink to stay hydrated?
4. Why is it important to eat a variety of foods?
5. What is one food mentioned for lunch and dinner in the paragraph?

Instructions: Record a short 1 to 2 minute audio describing your favorite food.

instructions: record an audio of 1 to 2 minutes talking about the typical food of your country or a country that interests you.