Exercise 5. Complete the instructions to make a basic French omelette with the verbs in the box.

beat	heat	server	place	pour	fold

(1) ..... eggs, water, salt and pepper in a small bowl until blended. (2) ..... butter in nonstick omelet pan. (3) ..... in egg mixture. Mixture should set immediately at edges. When top surface of eggs is thickened and no visible liquid egg remains, (4) ..... filling, such as shredded cheese, finely chopped ham on one side of the omelet. (5) .... omelet in half with turner. With a quick flip of the wrist, turn pan and invert omelet onto plate. (6) ..... immediately.

Exercise 6. Give the correct form of the word given to complete the sentence.

1. There aren't any vegetables and fruits ..... . We should go to the supermarket and buy them. (leave)
2. It was so ..... when I tried eating sticky rice at the first time. (taste)
3. My Grandma is cooking sweet soup ....., so I can't wait to enjoy it. (fragrant)
4. Viet Nam cuisine has a ..... of unique foods from different areas. (variable)
5. I like Pho very much. Its broth is made by ..... chicken bones or bones of cows. (stew)
6. The soup had a very ..... taste. (salt)
7. She covered the cake with a ..... of sugar and whites of eggs. (mix)
8. Most children enjoy eating ..... chicken and French fries. (fry)
9. The pineapple was sweet and ..... . (juice)
10. Meats and fish are ..... used in all Vietnamese cooking. (common)

Exercise 7. Fill in each blank with the correct word: *a /an /some/ any*.

1. There isn't ..... plum jam.
2. She'd like ..... apple.
3. There are ..... bananas.
4. Is there ..... pork?
5. There aren't ..... beef noodles.
6. There are ..... sandwiches for lunch.

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Exercise 14. Read the passage and decide which answer A, B, C or D best fits each space.

The 25th meeting of the FAO Committee on Fisheries (COFI) that will take place in February 2003 comes at a (1) ..... time in the quest for sustainable fisheries. Meeting in Johannesburg at the World Summit on Sustainable Development in 2002, world leaders (2) ..... the vital role of marine fisheries to economic and food security and to biodiversity in general. Leaders established a number of fisheries commitments for the world community, (3) ..... a call "to maintain or restore stocks to levels that can produce maximum sustainable (4) ..... with the aim of achieving these goals for depleted stocks on an urgent basis and where possible not later than 2015."

The mission of FAO in the field of fisheries is to (5) ..... and secure the long-term sustainable development and utilization of the worlds fisheries and aquaculture. Many of the issues (6) ..... the agenda for the 2003 COFI meeting will contribute directly to the goal of restoring depleted fish stocks and to (7) ..... other commitments.

If we are to fulfill these commitments, we must take (8) ..... actions and set clear priorities. The most recent FAO statistics indicate that over 70 percent of fisheries are (9) ..... overfished or are fished at their maximum capacity. In coming years, production from many key fisheries will likely decline. Demand for fisheries products, (10) ....., will continue to increase. The prospect of this growing shortfall poses our greatest fisheries challenge today.

1.	A. busy	B. critical	C. serious	D. fine
2.	A. declared	B. claimed	C. accepted	D. acknowledged
3.	A. giving	B. making	C. including	D. containing
4.	A. volume	B. quantity	C. amount	D. yield
5.	A. aid	B. meet	C. provide	D. facilitate
6.	A. on	B with	C. in	D. for
7.	A. advancement	B. advancing	C. advanced	D. advance
8.	A. determined	B. concentrated	C. concerted	D. focused
9.	A. both	B. or	C. either	D. neither
10.	A. however	B. consequently	C. so	D. therefore

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Exercise 15. Read the passage carefully, and then do the following tasks.

The Healthy Eating Diet

Healthy eating is about feeling great and having more energy. If you choose the right foods, your healthy diet will be a tasty diet, too. You can still enjoy your favourite sweet and salty foods, but too much sugar and salt is bad for your body.

Dairy products like milk, cheese, and yoghurt are great because they contain calcium and keep your teeth and bones healthy. You should choose low-fat dairy products.

Meat, fish, eggs, beans, and nuts are important, too. They keep our bodies healthy and they give us energy to work and play.

Whole grains are an important part of every meal. If you eat lots of whole grains, you will have a healthy heart. Whole grains are in bread, cereal, pasta, and rice. Dark bread and brown rice are great sources of whole grains.

Fruit and vegetables are the most important part of a healthy diet. They are low in calories and full of vitamins. Eat lots of fruit and vegetables with every meal, and as snacks during the day. Fruit and vegetables with darker colours have more vitamins.

1. What does the healthy eating diet help you?

   .....

2. What can you also enjoy when you have a healthy eating diet?

   .....

3. Why are dairy products good for your health?

   .....

4. What is the function of meat, fish, eggs, beans and nuts?

   .....

5. Why are whole grains an important part of every meal?

   .....

6. What types of foods can we get whole grains from?

   .....

7. Why are fruit and vegetables the most important part of a healthy diet?

   .....

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8. What types of fruit and vegetables have more vitamins?

.....

Exercise 16. Rewrite the sentences without changing the meaning.

1. There is beef and chicken in the menu.

   The menu.....

2. I like salad best.

   Salad is.....

3. The market does not have any carrots.

   There .....

4. I want some iced tea because I am hot.

   I am hot .....

5. Linh prefers beef noodles to chicken noodles.

   Linh likes .....

6. Mr Long wants a cold drink.

   Mr Long would like.....

7. How much is a bowl of noodles?

   How much does .....

8. How many kilos of rice would you like?

   How many kilos of rice do.....

Exercise 17. Write in complete the sentences using the given words/ phrases.

1. Snack/ be/ small/ meal/ you/ eat/ when/ hungry.

   .....

2. How much/ water/ should/ I/ pour/ pot?

   .....

3. I/ be/ afraid/ there/ not/ sugar/ left/ refrigerator.

   .....

4. main/ ingredient/ use/ Vietnamese food/ be/ rice/ fish sauce/ vegetables.

   .....

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5. Many /main/ dish/ and/ snacks/ Vietnam/ be/ made/ from/ rice.

.....

6. Banh Chung/ be/ Vietnamese/ traditional/ dish/ that /must/ part / Tet meals.

.....

7. Can/ you/ tell/ me / how/ cook/ beef/ noodle?

.....

8. What/ your/ favorite/ dish/ breakfast?

.....

9. Do/ you/ want/ try/ chicken soup/ I/ cook.

.....

10. There/ not/ something/ left/ dinner/ so/ I/ have to/ eat/ restaurant.

.....

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