

10. She's going to take a vacation next week if she _____ (get) time off work.
11. She _____ (leave) early if she's finished her work?
12. If I _____ (be) you, I wouldn't make a decision now.

XII. Fill in each blank with a suitable preposition.

1. The Japanese make sashimi simply _____ cutting fresh fish.
2. Mike is allergic _____ nuts, so he breaks out in a rash when consuming cashews.
3. Most restaurants these days serve either soup or salad _____ a starter.
4. Do you know a good recipe _____ apple pie?
5. Marinate the fish _____ olive oil, garlic and vinegar.
6. You can serve this curry _____ rice or bread.
7. Maureen spread the tomato sauce _____ the pizza base.
8. A Japanese meal consists _____ rice, miso soup, the main dishes and pickles.
9. Dip fish fillets _____ the batter, then drop one at a time into hot oil.
10. Combine the eggs _____ a little flour and heat the mixture gently.

C. SPEAKING

- I. Complete the conversation with the sentences from the box. Write the letters of the sentences (A - H).**

- A. How many pieces of chicken again?
B. There we go!
C. What does the recipe say?
D. A bit of parmesan to garnish.
E. How about Italian pasta?
F. There are lots of measurements for your ingredients.
G. Should we fry the chicken or roast it?
H. And how much oil should I use?

Jack: What are we going to make today, Sarah?

Sarah: (1) _____

Jack: Well, I really like pasta.

Sarah: (2) _____ For example, 250 grams of pasta. 1 and 1/2 a cup of chopped tomatoes. 1/2 a cup of tomato paste. Two pieces of chicken. Some garlic. One tablespoon of oil. A pinch of salt. A bunch of basil. 500 millilitres of water and some parmesan cheese. Have you got everything?

Jack: Yep! (3) _____

Sarah: It says to boil the water with a pinch of salt and then add the pasta. You can chop the tomatoes and then we have to saute them.

Jack: (4) _____

Sarah: Well it says to steam it but I think we should fry it! It'll taste better.

Jack: (5) _____

Sarah: Two!

Jack: (6) _____

Sarah: Just two tablespoons.

Jack: We need lots of cheese grated on top. I'm just going to add a little bit of salt to this.

Sarah: (7) _____

Jack: Looks great.

Sarah: (8) _____ Well now we've done all this hard work. It's time to eat.

II. Put the dialogue into the correct order.

___ What did you have for lunch?

___ Sure.

___ Drink enough water, and add more fresh fruits and vegetables to your daily diet. In addition, instead of eating out, you should cook yourself.

___ My stomach is hurting.

___ I don't know how to cook!

___ 1 What's wrong with you?

___ They can cause indigestion because they are deep-fried. If you eat them for a long time, you can suffer from cardiovascular, obesity and even cancer.

___ There are a lot of cooking tutorials on the Internet. They will guide you step by step.

___ Do you have any recommendation for a good diet?

___ Thank you! I will watch some videos and contact you if I have difficulties.

___ So, what should I do now?

___ You should come to the hospital and remember not to consume fast food too often.

___ Why?

___ You shouldn't have eaten those things.

___ I ate a large burger and some crisps.

D. READING

I. Complete the passage with the words from the box.

Healthy protein unhealthy nutrients habits strengthen grains increase

A good diet and regular exercise should keep you healthy. Your body needs the vitamins and (1) _____ found in vegetables and fruit. It also needs enough exercise to (2) _____ muscles and bones and reduce your chances of getting sick.

- BÀI TẬP TIẾNG ANH 9 - PHẦN BÀI TẬP 12

What kind of a diet is best? At the top of anyone's list should be fresh fruit and vegetables. You also need to eat (3) _____ such as rice, wheat, oats, or corn. Dairy products in the form of milk and cheese provide your body with necessary calcium. (4) _____ comes from meat and nuts. Don't eat too much meat, however. Eating too much red meat, in particular, is not good for your heart, and it might (5) _____ your chances of getting cancer. Try not to eat junk food. What's junk food? Potato chips, donuts, candy, and cookies are junk food. Many people who eat junk food fail to eat (6) _____ food because they like the taste of junk food better. If kids eat a lot of junk food, they will develop bad eating (7) _____.

Being healthy is not that hard. If you eat right, get regular exercise, and avoid (8) _____ habits, you will thank yourself in the future.

II. Read the article and do the tasks.

HOW TO STAY HEALTHY

1. _____

People who eat a lot of fruit and vegetables are less likely to have heart problems. A variety of fruit and vegetables should make up about a third of the food you eat each day. You should eat at least five portions of fruit and vegetables a day. A portion is e.g. a banana, an apple, a pear, one slice of melon or pineapple or two plums. Remember that potatoes don't count because they're a starchy food.

2. _____

Eating too much salt can raise your blood pressure. And people with high blood pressure are three times more likely to develop heart disease or have a stroke than people with normal blood pressure. Lots of people think they don't eat much salt, especially if they don't add it to their food. But don't be so sure! Three-quarters (75%) of the salt we eat is already in the food we buy, such as breakfast cereals, soups, sauces and ready meals. So you could easily be eating too much salt without realizing it.

3. _____

Having too much saturated fat can cause heart disease. Try to cut down on food that is high in saturated fat, such as meat, pies, cheese, butter, lard, cream and cakes, and have foods that are rich in unsaturated fat instead, such as vegetable oils (including sunflower, rapeseed and olive oil), oily fish, avocados, nuts and seeds.

4. _____

Having sugary foods and drinks too often can cause tooth decay, especially if you have them between meals. Many foods that contain added sugar can also be high in calories, so cutting down could help you control your weight. Try to eat fewer foods with added sugar, such as sweets, cakes and biscuits, and drink fewer sugary soft and fizzy drinks.

5. _____

About 60% of your body weight is made of water. If you don't get enough water, you can become dehydrated. Severe cases of dehydration can cause dizziness, confusion, and even seizures. Drink about 6 to 8 glasses of water every day and even more when the weather is warm. Don't drink too much coffee or tea as they can dehydrate you.

A. Match the titles of the paragraphs.

- A. Cut down on salt
- B. Avoid saturated fat
- C. Implement Five-a-day
- D. Drink a lot of water
- E. Reduce daily sugar intake

B. Decide whether the statements are true (T) or false (F).

1. Eating lots of fruit and vegetables can reduce your risk for heart disease.
2. One melon would count as one of your daily portions.
3. A potato is classed as one portion of your five a day.
4. High salt intake increases blood pressure, which can lead to heart disease.
5. The foods we buy can contain more salt than we realise.
6. Eating too many foods high in saturated fats can be bad for your health.
7. Vegetable oils like olive, sunflower or canola are rich in saturated fat.
8. Fizzy drinks can increase the risk of dental problems.

C. Answer the questions.

1. What counts as a portion of fruit and vegetables?

2. Why shouldn't we eat too much salt?

3. Which is better for you, saturated or unsaturated fat?

4. How can we reduce our daily sugar intake?

5. What can dehydration cause?

6. How much water should we drink per day?

E. WRITING

I. Write sentences, using the clues given. You can add extra words or make changes.

1. eating trans fats/ increase/ your risk/ develop/ heart disease/ stroke.

2. healthy eating/ be/ important part/ your growth and development.

3. recent research/ suggest/ fish and nuts/ tend/ not/ promote/ weight gain.

- BÀI TẬP TIẾNG ANH 9 - PHẦN BÀI TẬP 14

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4. though/ juice/ be/ more nutritious/ soft drinks/ we/ should/ drink/ no more than/ one cup/ day.
-
5. eating breakfast/ important/ students/ because/ it/ enable/ them/ focus/ their studies better.
-
6. eat/ too much/ fast food/ can/ put/ people/ risk/ being/ overweight/ obese.
-
7. if/ you/ want/ lose/ weight/ should/ try/ avoid/ or limit/ junk food/ your diet.
-
8. students/ need/ learn/ more/ benefits/ keep/ healthy eating habit.
-
9. together/ exercise/ eating/ healthy diet/ right proportions/ can/ also/ help/ you keep/ fit.
-
10. try/ cut down/ food/ that/ high/ saturated fat/ and have/ food/ that/ rich/ unsaturated fat/ instead.
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II. Write the second sentence so that it has the same meaning as the first one.

1. When did you buy your motorbike?
→ How long _____
2. If I were you, I would check my answers before handing in the test.
→ You had _____
3. Everyone must respect the traffic laws.
→ The traffic _____
4. I didn't switch the computer off when I went out.
→ I forgot _____
5. Living in a village always seems strange to me.
→ I have never _____
6. Sue had left the office before the manager arrived there.
→ When the manager _____
7. The town council has created a cooking club.
→ A cooking _____
8. Unless you leave home now, you will miss the flight.
→ If _____
9. "Did you write a note for Anna?" I asked my mother.
→ I asked _____
10. It's not possible to play tennis because of the rain.
→ The rain makes _____

- BÀI TẬP TIẾNG ANH 9 - PHẦN BÀI TẬP 15