NAME:
DATE:
MARK: …../80

TEST UNIT 9 (Laser A2)

1 Look at the sentences about food in different people's kitchens. Read the text and decide if each sentence is correct. If it is correct, write A. If it is incorrect, write B.

1 Lindsay's kitchen has got too many bad foods in it. _____
2 Lindsay's mum loves to have biscuits around the house. _____
3 Donald likes frozen pizzas because he thinks they're tasty. _____
4 Donald's kitchen is healthy because they've got apples. _____
5 Beth's mum enjoys cooking. _____ **.... / 10**

What's in your fridge?

Today's kids eat lots of different kinds of foods, some healthy, some not so healthy. Of course, it's fine to eat a few bad foods because they won't hurt you in small amounts. But how much is too much? We asked three teenagers to tell us what's in their kitchen. Who's got a healthy kitchen? Who is probably OK? And who needs to make a change?

Lindsay

I must say, I love snacks. I could eat a packet of crisps every day if I had them! But my mum never buys them. We have lots of healthy food in the house, like fresh fruit and vegetables. Luckily for me, my dad likes foods with sugar, so we've always got some biscuits in the kitchen too. I try not to eat them, but some days, it's hard not to!

Donald

Well, I love tasty food and drinks and our kitchen's got lots of them! We've got fizzy drinks, biscuits, crisps, lots of frozen foods that are easy to cook – and easy to eat! I also love frozen pizzas because they taste really great. My mum hates to cook, so they're perfect. Oh, I think we've got an apple or two, but no-one ever eats those!

Beth

I like foods with lots of sugar and butter in them, but we hardly ever eat them at my house. There's a supermarket near our house that's got lots of fresh food. That's where my mum shops. She hates to buy frozen foods. She doesn't think they're tasty. No-one in my family does! My mum likes to cook too, so we have lots of healthy meals in our house.

2 Read the text and decide which answer (a, b or c) best fits each gap.

What's the best way to stay (0) a and eat right? It's hard these days, but we can make better choices.

It's very easy to eat a packet of crisps or others types of (1) _____ . However, foods like these have got a lot of oil in them. You see, to make crisps, you (2) _____ pieces of potato in hot oil. All that oil makes them a bad choice. It's better to (3) _____ pieces of fruit and eat them. Fruit is a (4) _____ food and it's very good for our bodies. And of course you're going to like it because it's (5) _____.
What about drinks? We all love drinks that taste (6) _____ sugar and drinks such as (7) _____ drinks are fun to drink because they've got bubbles. However, they contain a lot of sugar and this makes them a bad choice. Some of these drinks are sugar
(8) _____, which is a better choice. Of course, water or orange juice is better.
Are (9) _____ foods good for you? They're not so bad, but they've been in the freezer. This is not the best kind of food to eat. It's better to eat fruits and vegetables from the fridge.
These easy choices can help you have a better body and a healthy life. So, what are you waiting (10) _____? Let's eat right today!

0 a healthy	**b** health	**c** healthful
1 a fruits	**b** drinks	**c** snacks
2 a take	**b** fry	**c** cut
3 a cut	**b** throw	**c** keep
4 a frozen	**b** free	**c** fresh
5 a tasty	**b** fizzy	**c** dry
6 a for	**b** from	**c** of
7 a fresh	**b** tasty	**c** fizzy
8 a free	**b** open	**c** right
9 a cool	**b** cold	**c** frozen
10 a in	**b** to	**c** for

.... / 10

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3 Choose the correct word.

0 This cheese tastes ***like*** / **from** apples – that's weird!
1 Do these oranges come **for / from** Australia?
2 Did you pay **with / for** the meal?
3 Butter and **ingredients / margarine** taste almost the same.
4 I don't think cucumbers go **of / with** spaghetti.
5 This meal looks **like / from** it has a lot of oil.
6 This is a great **recipe / receipt** for lemon ice cream.
7 Don't forget the **foods / shopping** list when you to the supermarket.
8 This pizza is really **tasty / fizzy** – did you make it yourself?
9 Don't eat **ingredients / crisps** – they're not good for you.
10 Sorry I'm late. Did you have to **wait / come** for a long time? **.... / 10**

4 Complete the sentences using the words in the box.

do	where	advert
from	open	~~book~~

0 Let's *book* a table for Saturday night.
1 *Pizza Perfect*? I know _____ that is.
2 Do they _____ nice cakes at that café?
3 Is the restaurant _____ on Mondays?
4 Here's a(n) _____ for a new Italian restaurant.
5 The café is open _____ 6 in the evening until 10. **.... / 5**

5 Choose the correct words.

Hi Patty,

I'm excited about the party tonight. I'm sure (0) **a lot / *lots of*** people will come!

So to help you with the party, I've thought of some things we need. First we'll need (1) **a few / a little** packets of crisps. They're great for parties. I'm going to buy
(2) **lots of / much** drinks and bring them to the house. I think it's a good idea to have (3) **a little / a few** fruit at the party. I'll get (4) **lots / a lot of** apples and oranges and we can put them on (5) **a little / a few** plates.

Also, we should make a cake for the party. I'll come over to your house and make it. I haven't got (6) **much / many** sugar, so I'll get some at the supermarket. I haven't got (7) **much / many** eggs here either. I think you've got (8) **a few / a little** butter in your fridge, but I might get some more. Oh, have you got any milk? The recipe says we need (9) **a few / much** cups of it.

Is there anything else we need? We haven't got (10) **lot of / much** time, so let me know soon.

Bye for now!
Sarah **.... / 10**

6 Complete the text using the words in the box.

and	because	~~where~~
or	but	when

Everyone has a favourite restaurant (0) *where* they like to go. We can eat healthy foods in restaurants, (1) _____ we have to be careful of our choices. For example, pasta is a tasty choice for a meal (2) _____ it's good for our bodies. However, we shouldn't order pasta that's got a lot of butter and cream in it

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(3) _____ these things are bad for us. A better choice is pasta that comes with tomato sauce (4) _____ pasta that comes with very little oil. It's important to remember these things (5) _____ you're eating in your favourite pasta place … then you'll be both healthy and happy!

.... / 5

7 Read the text and decide which answer (a, b or c) best fits each gap.

Jamestown Middle School is changing its lunch menu … (0) c it's going to be bigger and better! From now on, (1) _____ food isn't going to be fried. Sorry, kids – no more fish and (2) _____ chips! They're also not going to offer foods that contain (3) _____ oil. There will be no more lunches made from frozen foods. They will offer only fresh food and have choices that are healthy for kids. They are doing this (4) _____ parents were not happy with the old food items. Before, there were only (5) _____ choices for healthy meals at the school. The school also didn't offer (6) _____ drinks that were sugar free.

The school is now going to offer (7) _____ lunches that have fresh fruit and vegetables and fresh meat. Meals will be made (8) _____ healthy ingredients and contain little oil or butter. The school chefs will make sure (9) _____ meals are still tasty so the kids will like them. Soon, Jamestown Middle School will be a place
(10) _____ kids can have healthy meals and healthy bodies.

0 a because	**b** when	**c** and	
1 a any	**b** the	**c** a	
2 a the	**b** a	**c** –	
3 a lots	**b** a lot	**c** lots of	
4 a when	**b** because	**c** or	
5 a a few	**b** a little	**c** a lot of	
6 a some	**b** any	**c** a	
7 a many	**b** much	**c** lots	
8 a like	**b** for	**c** from	
9 a the	**b** some	**c** any	
10 a and	**b** or	**c** where	**.... / 10**

8 Match the headings with the parts of the recipe.

1 Title _____
2 Preparation time _____
3 Ingredients _____
4 What you'll also need _____
5 What to do _____

A Lemon juice, yoghurt and sugar.
B Put the lemon juice, yoghurt and sugar in a bowl and stir with a spoon.
C Three to five minutes.
D Lemon yoghurt
E Bowl and spoon. **.... / 10**

9 Listen to the conversation in a restaurant and choose the correct option, 'TRUE' or 'FALSE'. …../10

1- The customers want two tables. *True/ False*
2- There are two customers eating together. *True/ False*
3- The two customers order the same starter. *True/ False*
4- Both customers order Thai chicken for their main course. *True/ False*
5- The customers order cold drinks. *True/ False*
6- Both customers order a dessert. *True/ False*

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