UNIT 7. **RECIPES AND EATING HABITS**

**I. Find the word which has a different sound in the underlined part.**

1. A. tender B. garnish C. drain D. sprinkle

2. A. grill B. garnish C. dip D. slice

3. A. head B. spread C. cream D. bread

4. A. sauce B. steam C. sugar D. stew

5. A. marinate B. grate C. shallot D. staple

**II. Choose the word which has a different stress pattern from the others.**

1. A. tomato B. nutritious C. ingredient D. tablespoon

2. A. ingredient B. traditional C. repeat D. avocado

3. A. celery B. benefit C. engineer D. versatile

4. A. tender B. simmer C. cucumber D. delicious

5. A. significant B. diverse C. garnish D. combine

**III. Complete the sentences with *a, an, some* or *any*.**

1. There is banana in the basket.

2. I need tea.

3. Are there tomatoes in the fridge?

4. We have rice, but we don’t have meat.

5. There’s orange on the table.

6. I’d like apple juice.

7. He has TV and computer.

8. Would you like ice- cream?

9. I have friends in Hue.

10. Do you have dogs or cats at home?

**VI. Put the verbs in brackets into the correct tenses of the conditionals.**

1. If you **(not go)** away I’ll send for the police.

2. I’ll be very angry if he **(make)** any more mistakes.

3. If he **(be)** late we’ll go without him.

4. She will be absolutely furious if she **(hear)** about this.

5. If you put on the kettle I **(make)** the tea.

6. If you give my dog a bone he **(bury)** it at once.

7. If we leave the car here it **(not be)** in anybody’s way.

8. He’ll be late for the train if he **(not start)** at once.

9. If you come late they **(not let)** you in.

10. If he **(go)** on telling lies nobody will believe a word he says.

**V. Choose the best answer A, B, C or D to complete the sentences.**

1. Some of famous in Southern Viet Nam are Hu Tieu Nam Vang, Bun Mam, fried rice, flour cake, and many kinds of puddings.

 A. stapes B. ingredients C. foods D. dishes

2. Beet greens are the most part of the vegetable and can be cooked like any other dark leafy green.

 A. traditional B. careful C. colourful D. nutritious

3. It is boring here. ever happens in this place.

 A. Anything B. Something C. Things D. Nothing

4. Moderation doesn’t mean the foods you love.

 A. to prevent B. preventing C. to eliminate D. eliminating

5. You should eat more fruits and vegetables if you to lose weight.

 A. would want B. wanted C. will want D. want

6. When we were on holiday, we spend too money.

 A. a lot of B. many C. much D. lots of

7. If people work so much, they depressed and eat more.

 A. may feel B. may have felt C. felt D. had felt

8. Studies suggest only when you are most active and giving your digestive system a long break each day.

 A. eating B. being eating C. to eat D. being eaten

9. Despite the differences in cuisine of each region, there are similarities, such as the for main meals – rice, ways of adding fish sauce, herbs and other flavors.

 A. foundation B. necessity C. staple D. basic

10. Perhaps the three most popular ice cream are vanilla, chocolate and strawberry.

 A. offers B. flavours C. brands D. ingredients

11. I spend my spare time gardening.

 A. most B. the most of C. most of D. most of the

12. Your body uses calcium to build healthy bones and teeth, them strong as you age.

 A. continue B. keep C. remain D. care

13. Food in Northern Vietnam is not as as that in Central and Southern Viet Nam, as black pepper is often used rather than chilies.

 A. spicy B. exciting C. strong D. flavour

14. Pumpkin soup is a good source of minerals and vitamins, especially vitamin A.

 A. fibers B. fats C. sugars D. solids

15. There’s use in complaining. They probably won’t do anything about it.

 A. a few B. a little C. no D. some

16. If you eat too quickly, you may not attention to whether your hunger is satisfied.

 A. keep B. show C. pay D. take

17. Another feature in northern cuisine is in winter all family members gather around a big hotpot there is a combination of seasoned broth, vegetables and meats.

 A. what B. where C. which D. in which

18. You chicken. You cook it in an oven or over a fire without liquid.

 A. fry B. roast C. steam D. boil

19. cups of coffee have you taken?

 A. How many B. How much C. How D. How far

20. Common eating habits that can lead to are: eating too fast, eating when not hungry, eating while standing up, and skipping meals.

 A. put on weight B. be heavy C. gain weight D. weight gain

**VI. Identify the one underlined word or phrase that must be changed to make the sentence correct.**

1. If someone came into the store, smile and say, “May I help you?”

 A B C D

2. If you try these cosmetics, you look five years younger.

 A B C D

3. If you do not understand what were written in the book, you could ask Mr. Pike.

 A B C D

4. I will come to meet Mr. Pike and tell him about your problems if you didn’t solve them

 A B C D

yourself.

5. Sam will not graduate unless he doesn’t pass allthe tests.

 A B C D

6. If there isn’t enough food, we couldn’t continue our journey.

 A B C D

7. Unless you pour oil on water, it will float.

 A B C D

8. You have to take a taxi home if you want to leave now.

 A B C D

9. If anyone will phone, tell them I’ll be back at 11:00.

 A B C D

10. We can hire a minibus if there will be enough people.

 A B C D

**VII. Choose the word or phrase among A, B, c or D that best fits the blank space in the following passage.**

 Humans have a long history of eating insects, and it turns out that they can be a very (1) part of a person’s regular (2) . Insects have a lot of protein, and they are often easier to catch than (3) animals. Therefore, it is no wonder that when our ancient (4) saw some tasty worms or grabs wiggling on the ground, they made a quick snack of them.

 In Thailand, insects are a regular part of the street food that can be found. The different (5) that people snack on are crickets, grasshoppers, giant water bugs, and assorted worms. They are often deep-fried and salted, so they have a crunchy texture that makes them a perfect snack food. If you can get past the (6) that you are eating a cricket, it will crunch in your mouth just like a corn chip!

 For a lot of people, however, it is difficult to get (7) the fear of eating insects. People tend to see insects as invaders, especially when they are crawling on the food that we are about to ear. (8) being able to eat insects (9) feeling disgusted is cultural. Some people cannot eat French cheese or stinky tofu because they weren’t brought up doing so. To many of us, insects fail right into that category, making it difficult to even try them.

 If (10) the chance, though, be courageous, insects can be nutritious and tasty, so long as you can get over the “yuck” factor.

1. A. nutrition B. nutritious C. nutritions D. nutritiously

2. A. health B. fitness C. diet D. balance

3. A. prey B. pray C. eat D. digest

4. A. acquaints B. relatives C. ancestors D. offspring

5. A. insects B. animals C. herbs D. cattle

6. A. true B. exact C. fact D. reality

7. A. up B. over C. down D. on

8. A. However B. Although C. Meanwhile D. Therefore

9. A. without B. in C. far D. on

10. A. giving B. gives C. gave D. given

**VIII. Complete the second sentence in each pair so that it has similar meaning to the first sentence, using “you”.**

1. Vegetarians don’t eat meat.

=> If you’re a vegetarian,

2. People who live in a cold country don t like hot weather.

=> If you live

3. Teachers have to work very hard.

=> If you’re a teacher,

4. People who do a lot of exercise stay fit and healthy.

=> If you

5. Mechanics understand engines.

=> If you’re a

6. People who read newspapers know what’s happening in the world.

=> If you