*Sai Dong Secondary school*

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**TEST FOR UNIT 7**

**I. Choose the word which is stressed differently from the rest:**1. A. versatile B. tomato C. marinate D. chocolate  
2. A. include B. improve C. balance D. reduce  
3. A. cucumber B. ingredient C. opinion D. nutritious  
4. A. teaspoon B. cabbage C. pancake D. canteen  
5. A. individual B. supermarket C. avocado D. information  
**II. Find the word with different sound in the underline part in each line**6. A. base B. bake C. pasta D. grate   
7. A. wash B. flatbread C. marinate D. cabbage  
8. A. dip B. simmer C. grill D. slice  
9. A. spicy B. sprinkle C. sticky D. mimic  
10. A. liquid B. dish C. pinch D. combine  
**III. Choose the correct answer to complete each sentence:**11. Turn the heat down and let it …………for thirty minutes  
A. stir-fry B. simmer C. cube D. steam  
12. If you want to lose weight, you …………..cut down on your sugar intake.  
A. should B. have C. shouldn't D. mustn't  
13. This meat is beautifully ……………… Can you share your …………with us?  
A. tender/ recipe B. soft/ ingredients C. cooked/ flavor D. raw/ receipt  
14. On her birthday, he arranged the glasses in a ………….. on the table.  
A. model B. design C. pattern D. arrangement  
15. If you …………… fewer calories than you burn, you …………. lose weight.  
A. should eat/ might B. must eat/ do C. eat/ will D. will eat/ should  
16. ………..you wear warm clothes, you …………….a cold.  
A. If /will B. Unless/ will C. If /should D. Unless/ should  
17. Hard work is a vital …………….for success.  
A. habit B. presentation C. ingredient D. tradition  
18. The tomatoes give extra …………….to the sauce.  
A. characteristic B. component C. portion D. flavor  
19. You should …………up smoking ………….you will get ill.  
A. have given/ and B. giving/ if C. to give/ unless D. give/ or  
20. If you are too busy, you can ……………… some takeaway food.

A. buy B. cook C. prepare D. make  
21. You should stop eating ……….chips. They can make you fat

A. salty B. bland C. spicy D. greasy  
22. She is so sweet. She picked me a ………….of flowers.  
A. loaf B. pinch C. bunch D. handful  
23. You ………..put some sunscreen on your skin ………you want to prevent it from the harmful effects of the sun.  
A. should/ if B. must/ if C. need/ unless D. will/ unless  
24. ……………the chicken with almonds to make your dish more …………..  
A. Should garnish/ beautiful B. Garnish/ appealing  
C. Will you garnish/ pretty D. You must garnish/ flavorsome  
25. Next, you need to chop the…………..and add it to the salad.  
A. beef B. lasagne C. cube D. celery  
26. Add a ……….of mixed herbs and you …………….have a much more delicious dish.  
A. head/ should B. handful/ must C. teaspoon/ may D. cup/ might  
27. Seafood is a …………. of beach cities.  
A. nutrition B. preparation C. speciality D. mixer  
28. Let it boil for another 5 minutes. I prefer ……………eggs.  
A hard-boiled B. steamed C. whisked D. deep-fried  
29. If you ………..cook food yourself, you …………. have a bowl of cereal and some milk.  
A. can’ t/ must B. can/ can C. don't/ must D. can't/ can  
30. What should I do if I have a stomach …………….?  
A. sickness B. ache C. weakness D. ill  
**İV. Find a mistake in each sentence:**31. You have eat nutritious things to stay healthy.

A B C D  
32. I fall in love with curry immediately and eat a small portion. I'm so full up now.

A B C D  
33. You must improve your cooking skills if you attend this cooking class.

A B C D   
34. What shall happen if we cook beef too long?

A B C D  
35. If I were in your shoes, I will help him do his homework.

A B C D

**V/ Read the passage then choose the best answers for the gaps**

**Worst effects of fast food**

Fast food can be defined as any food that contributes little or no nutrient to the diet, but instead provides excess calorics and fat. Fast food can be a good way to save time, but it is not the (36) ……… way for nutrition because it can have negative effects (37)……….. our health.  
*Obesity*Obesity means having too much body fat. Fast food is high (38) ………calories and sugar that contribute to increased-weight gain. Even small amount of fast food can (39) ……. your calorie intake considerably. Fast foods also replace healthy eating habits. For example, people who consume fast foods are less (40) …………. to eat fruits, vegetables, milk etc. This change in eating habits can easily lead to obesity.  
*Heart disease*Eating fast food four (41)…………….more times a week can increase the risk of dying from heart disease by 80 percent. Fast food creates a much higher risk of heart disease because of the high (42) ………… of saturated or trans fats found in much of the food. Those fats can clog the arteries and, over time, (43) ……….to high cholesterol levels.  
*Type 2 diabetes (bệnh tiểu đường)*This type of diabetes is often caused by (44) …………lifestyle choices, such as being overweight and not being physically active. There is a side effect to consuming frequent amounts (45) …….fast food 'obesity' which can lead to the development of diabetes.  
36. A. similar B. proper C. typical D. sticky  
37. A. on B. for C. of D. to  
38. A. for B. in C. of D. to  
39. A. decrease B. Rise C. increase D. complete   
40. A. able B. likely C. likable D. possible  
41. A. either B. but C. and D. or  
42. A. level B. number C. lots D. portion  
43. A. contribute B. build C. manage D. result   
44. A. healthy B. good C. poor D. rich  
45. A. to B. of C. for D. on

**VI/ Read the passage then choose the best answers for the questions**

*Grains*The grains group gives you energy. Make sure at least half the grains you eat are hole grains. Eat brown rice, oatmeal, and popcorn. Try whole-wheat bread instead of white bread.  
*Vegetables*Colour your plate with all kinds of veggies. They help your heart,eyes, skin, and teeth. Experts say to eat a rainbow of colours. Each colour helps the body in a different way. Munch on carrots, corn, and broccoli.  
*Meat and Beans*The meat and bean group is high in protein. That helps build strong muscles. Eat fish, chicken, lima beans, and nuts.  
*Fruits*Fruits are nature's treats. They are sweet and tasty. They help your heart, eyes, skin and teeth too. Eat a variety of colours. Try an apple or a banana. You can also mix pieces of different fruits to make a salad.  
*Milk*Have milk and foods made with milk. Those foods are high in calcium. Calcium builds strong bones. Foods made with milk can be high in fat. Try low-fat milk, yogurt, and cheese.  
*Oils*Your body needs only a little oil to keep it healthy. Some foods that have oils are nuts, tuna fish, and salad dressing.

*Questions*  
46. What food group mentioned in the article builds muscles?  
A. Meat and beans B. Vegetables C. Grains D. Fruits and oils  
47. Which of the food groups does your body need the least amount of?  
A. Grains B. Vegetables C. Fruits D. Oils  
48. If your bones are weak, what should you eat or drink more of?  
A. whole grains B. milk and milk products C. meat and beans D. nuts and tuna fish  
49. What is the passage mainly about?  
A. The method of mixing different fruits to make a salad.  
B. Vegetables help your heart, eyes, skin, and teeth.  
C. Eating meat and chicken gives your more protein.  
D. The various food groups and the benefits of eating well.  
50. Which of the following statements is NOT true?  
A. Whole-meal bread is better than white bread.  
B. You should eat more broccoli and corn and carrot.  
C. Milk products are high in calcium and low in fat  
D. Fruits are important for your heart, eyes, skin, and teeth.