

1 Complete the sentences with the adjectives in the box. (1 point each)

canned	raw	hot	fried
fresh	sweet	salty	

- This tea is very hot. I've burned my mouth.
- _____ vegetables are delicious. If you cook them, they aren't so good.
- You've put a lot of salt in the soup. It's very _____.
- I like chocolate, cakes, cookies, and ice cream. I like all _____ foods!
- It's better to take _____ food on a camping vacation.
- My father goes to the market to buy vegetables every day. He likes _____ food.
- My favorite food is _____ egg. It only takes a few seconds to prepare.

• GRAMMAR •

2 Write questions using *much* or *many*. (1 point each)

- How / homework / you / do / every day
How much homework do you do every day?
- How / cousins / you / have

- How / water / you / drink / every day

- How / vegetables / you / eat / a week

- How / movies / you / watch / a week

3 Answer the questions from Exercise 3 so they are true for you. (1 point each)

- _____.
- _____.
- _____.
- _____.
- _____.

4 Write sentences in the present perfect. (1 point each)

- María / not eaten / spicy food before.
María hasn't eaten spicy food before.
- Jimmy / finish / his lunch already.

- Mom and Dad / wash / the strawberries.

- My sister / prepare / her cereal for the morning.

- Phillip / not help / Teresa with cooking the beef and potatoes.

- Raoul and Michael / take / apples, oranges, and bananas to the picnic.

5 Write the questions in the present perfect. (1 point each)

- you / cook / the carrot soup
Have you cooked the carrot soup _____?
- Tim / eat / spicy Chinese food before
_____?
- you / cook / dinner
_____?
- it / rain / a lot
_____?
- they / bake / the bread
_____?
- how many apples / Bob / eat
_____?

• READING •

6 Read the text and choose the best summary. (1 point)

- a. Snacks can be good for you.
- b. It's important to eat only three meals a day.
- c. Ways to lose weight.

Eat to be healthy

Between school, homework, sports, and hanging out with friends, it may feel like there's no time for healthy eating. And when you do stop to eat, it's tempting to go the quick and easy route by having a burger and fries, or sweets. Even if you take time to eat three meals a day, you may still feel hungry at times. What's the answer? Healthy snacks.

Snacks are a great way to satisfy that hunger and get all the vitamins and nutrients your body needs. If you don't eat foods with lots of simple carbohydrates (sugars) like sweets or fizzy drinks, you won't put on weight. If you eat foods that contain complex carbohydrates like whole grain breads and cereal and combine them with protein-rich snacks such as low-fat yogurt or cheese, you will feel much healthier. Try putting some fruit, carrots, or wholegrain cookies in your bag so you always have some healthy food nearby.

As with everything, moderation is the key. People who eat regular meals and healthy snacks probably won't overeat and gain weight, while people who miss meals or go for long periods without eating and then fill up with an enormous plate of fries will put on weight.

7 Read the text again and answer the questions. (1 point each)

- 1. Why do some people prefer to snack on burgers, fries, and sweets?

- 2. What sort of snacks does the writer recommend?

- 3. Which are better for you, simple or complex carbohydrates?

4. What sort of food is protein-rich?

5. What is the key to healthy eating?

• COMMUNICATION •

8 a) Match the words (1–5) to the meanings (a–e). (1 point each)

- 1. a bland
- 2. _____ sickening
- 3. _____ crisp
- 4. _____ unhealthy
- 5. _____ crunch

- a. without any excitement, strong opinions, or special character
- b. unpleasant or morally unacceptable
- c. to make a sound like something being crushed, e.g., snow
- d. a person or animal who is weak, and often sick
- e. weather that is cold and dry

b.) Write sentences using the words in Exercise 8a. (2 points each)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____