

• VOCABULARY •

1 Complete the table with the words in the box. (1 point each)

<i>apple</i>	<i>cream</i>	<i>chicken</i>	<i>orange</i>
<i>milk</i>	<i>lamb</i>	<i>onion</i>	<i>carrot</i>
<i>cheese</i>	<i>strawberry</i>	<i>beef</i>	<i>potato</i>

fruit	vegetables	meat	dairy
	<i>onion</i>		

2 Circle the correct answer. (1 point each)

- This tea is very hot / bitter. I've burned my mouth.
- Sweet / Raw 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 hot / salty.
- I like chocolate, cakes, cookies, and ice cream. I like all frozen / sweet foods!
- It's better to take fried / canned food on a camping holiday.

• GRAMMAR •

3 Complete the sentences with *much*, *many*, or *a lot of*. (1 point each)

- Have you got many CDs?
- She doesn't have _____ money.
- Do you like _____ Spanish singers?
- There are _____ cars on the road.
- There isn't _____ air in this room.
- They've got _____ friends.

4 Complete the questions. (1 point each)

- How _____ homework do you do every day?
- How _____ cousins do you have?
- How _____ water do you drink every day?
- How _____ vegetables do you eat a week?
- How _____ movies do you watch a week?

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

- María / visit / her grandparents
Maria has visited her grandparents.
- Jimmy / finish / his dinner

- Mom and Dad / wash / all of the vegetables

- My sister / prepared / her breakfast

- Phillip / never help / Teresa with the cooking

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

- you / answer / the door
Have you answered the door?
- Susan / come / home

- you / cook / dinner

- it / rain / a lot

- they / watch / a movie

- how many apples / Bob / eat

• READING •

7 Read the text and circle the correct answer. (1 point each)

- Why do some people prefer to snack on burgers, fries and sweets? Because it's _____.
 (a) easier b. cheaper c. healthier
- What sort of snacks does the writer recommend?
 a. quick snacks
 b. healthy snacks
 c. sweet snacks
- Which are better for you?
 a. simple carbohydrates
 b. complex carbohydrates
 c. no carbohydrates
- What sort of food is protein-rich?
 a. dairy b. breads c. cereal
- What is the key to healthy eating?
 a. everything b. moderation c. people

Eat to be healthy

Between school, homework, sports, and friends, there's often no time for healthy eating. And when you do stop to eat, it's easier to have a burger and fries, or sweets. What's the answer? Healthy snacks.

Snacks can satisfy that hunger and give you the vitamins and nutrients you need. 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 wholegrain breads and cereal and combine them with protein-rich snacks such as low-fat yogurt or cheese, you will feel much healthier. As with everything, moderation is the key.

• COMMUNICATION •

8 Susana is cooking dinner for friends this evening. Help her to complete her shopping list of ingredients with the count phrases and with a non-count noun in the box. (1 point each)

<i>corn</i>	<i>bread</i>	<i>fruit</i>
<i>grapes</i>	<i>rice</i>	<i>salt</i>

Maria needs:

- a bunch of *grapes* _____
- a slice of _____
- an ear of _____
- a piece of _____
- a bag of _____
- a pinch of _____

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