

TIẾNG ANH LỚP 7

UNIT 5: VIETNAMESE FOOD AND DRINK - PRACTICE & REVIEW

GIÁO VIÊN: NGUYỄN NGỌC ANH

LIÊN HỆ HỌC ONLINE TẠI [WWW.VINASTUDY.VN](http://www.vinastudy.vn) – LIÊN HỆ: 0932393956www.vinastudy.vn**Ex 1: Choose the correct answers.**

- Can you tell me _____ this dish?
A. to cook B. how to cook C. cooking D. how to cooking
- What _____ do I need to cook an omelette?
A. food B. material C. menu D. ingredients
- _____ is hot food that is quick to cook, and is served very quickly in a restaurant.
A. Hot food B. Fast food C. Sandwiches D. Hamburgers
- “What is your _____ dish for breakfast?” - “It’s beef noodle soup.”
A. favourite B. most C. best D. liking
- A _____ is a small meal that you eat when you are in a hurry.
A. snack B. fast food C. breakfast D. lunch
- Cakes in Viet Nam are made _____ butter, eggs, and flour.
A. in B. from C. of D. by
- Lan’s brother is a _____, working at the Metropolitan Restaurant.
A. cooker B. cooking C. chief D. chef
- What _____ drink do you like most?
A. nation B. foreign C. foreigner D. favourite
- “Do you want to _____ this new dish of noodle I have just cooked?”
A. like B. try C. drink D. make
- The eel soup that your father has just cooked tastes very _____.
A. well B. best C. healthy D. delicious

Ex 2: Choose the correct answer

- There isn’t _____ for dinner, so I have to go to the market.
A. some left B. any leaning C. some leaving D. any left

2. How many _____ do you eat every day?
 A. orange B. milk C. apple D. apples
3. In Viet Nam, spring rolls are served _____ at a family gathering or anniversary dinner.
 A. most B. almost C. mostly D. most of
4. _____ water should I put into the glass?
 A. How B. How much C. How many D. What
5. _____ tomatoes do you need to make the sauce?
 A. How much B. How many C. How long D. How often
6. _____ bottles of milk does your family need for a week?
 A. How much B. How many C. How D. How often
7. How many _____ do you want?
 A. orange juice B. bottle of orange juice
 C. jar of orange juice D. cartons of orange juice
8. Is there any butter _____ in the refrigerator?
 A. leave B. to leave C. to leaving D. left
9. There is _____ tofu, but there aren't _____ sandwiches.
 A. some - some B. any - any C. some - any D. any - some
10. How many _____ do you need?
 A. yogurt B. packet of yogurt C. carton of yogurt D. cartons of yogurt

Ex 3: Fill in each blank with ONE suitable word.

1. We haven't got any food _____ for dinner. Let's eat out.
2. This morning, I didn't have _____ cup of coffee as usual.
3. You will get _____ if you eat so much butter.
4. Fast food is not good _____ your health.
5. How _____ cooking oil do you need to fry the fish?
6. Is that all, madam? Would you like to buy anything _____ ?
7. Viet Nam has many _____ of sweet soup, cakes and noodles.
8. People in our hometown often have rice a lot of fresh vegetables, seafood and various kinds of meat.

9. Having a bowl of beef noodle soup for breakfast is very tasty and _____.
10. There isn't _____ yogurt in the carton.

Ex 4: Read the passage carefully, and then do the following tasks.

The healthy eating diet

Healthy eating is about feeling great and having more energy. If you choose the right foods, your healthy diet will be a tasty diet, too. You can still enjoy your favourite sweet and salty foods, but too much sugar and salt is bad for your body.

Dairy products like milk, cheese, and yoghurt are great because they contain calcium and keep your teeth and bones healthy. You should choose low-fat dairy products.

Meat, fish, eggs, beans, and nuts are important, too. They keep our bodies healthy and they give us energy to work and play.

Whole grains are an important part of every meal. If you eat lots of whole grains, you will have a healthy heart. Whole grains are in bread, cereal, pasta, and rice. Dark bread and brown rice are great sources of whole grains.

Fruit and vegetables are the most important part of a healthy diet. They are low in calories and full of vitamins. Eat lots of fruit and vegetables with every meal, and as snacks during the day. Fruit and vegetables with darker colours have more vitamins.

A. Find the underlined words in the text to match the meanings.

1. _____ : an amount of energy.
2. _____ : the power that your body gets from food.
3. _____ : food that you eat between meals.
4. _____ : If food is this, it tastes of sugar.
5. _____ : If food is this, it tastes of salt.
6. _____ : the types of food that you eat most often.
7. _____ : things in food that we need to grow and be healthy.
8. _____ : the place where you get something from.

B. Answer the following questions.

1. What does the healthy eating diet help you?

2. What can you also enjoy when you have a healthy eating diet?

3. Why are dairy products good for your health?

4. What is the function of meat, fish, eggs, beans and nuts?

5. Why are whole grains an important part of every meal?

6. What types of foods can we get whole grains from?

7. Why are fruit and vegetables the most important part of a healthy diet?

8. What types of fruit and vegetables have more vitamins?

Ex 5: Write a paragraph about eating habits in your area/ city/ village. Use the cues given below.

1. People/ my town/ have/ three meals/ day/ breakfast, lunch, and dinner.

2. They/ have/ breakfast/ 7 o'clock/ morning.

3. It/ a light meal/ but/ it/ considered/ important/ with/ a bowl of beef noodle soup (*pho*)/ noodles with pork (*hủ tiếu*), instant noodle/ a plate of sticky rice (*xôi*).

4. Lunch/ usually start/ 11.30/ also a light meal/ followed/ an hour's rest.

5. Most employees/ have/ lunch/ food shops/ near/ working places.

6. Students/ have/ lunch/ school canteens.

7. People/ often have/ rice/ meat/ fish/ vegetables/ but young people/ often/ fast food/ shops/ Lotteria, Jollibee, and KFC.

8. Dinner/ main meal/ including rice/ with many dishes/ meat/ fish/ eggs/ tofu/ vegetables.

9. People/ prepare/ food/ boiling/ steaming/ barbecuing/ frying/ then/ fruit/ green tea.

10. So. I/ think/ Vietnamese food/ cheap/ nutritious/ very delicious.
