**UNIT 7: RECIPES AND EATING HABITS**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**A. VOCABULARY AND GRAMMAR:**

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

**1.** Moderation doesn’t mean \_\_\_\_\_\_\_ the foods you love.

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

**2.** Studies suggest \_\_\_\_\_\_\_\_ only when you are most active and giving your digestive system a long break each day.

A. to eat B. being eaten C. eating D. being eating3. **3.** Your body uses calcium to build healthy bones and teeth, \_\_\_\_\_\_\_\_ them strong as you age.

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

**4.** If you eat too quickly, you may not \_\_\_\_\_\_\_ attention to whether your hunger is satisfied.

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

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

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

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

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

**7.** Food in Northern Viet Nam is not as \_\_\_\_\_\_ as that in Central and Southern Viet Nam, as black pepper is often used rather than chilies.

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

**8.** Such \_\_\_\_\_\_\_\_ as sugar, sugarcane, and coconut water are mostly used in Southern Vietnamese food than in Northern and Central Viet Nam.

A. dishes B. courses C. ingredients D. menus

**9.** A meal of Hue people has a natural combination between flavors and colors of dishes, which creates the unique \_\_\_\_\_\_\_ in the regional cuisine.

A. feature B. part C. description D. list  
**10.** If my mother goes home late this evening, my father \_\_\_\_\_\_\_\_\_\_\_.

A. will cook B. would cook C. had cooked D. has cooked

**II. Fill in each blank with a, an some, or any.**

**1.** Have you got \_\_\_\_\_\_\_\_ orange juice?

**2.** I’m reading \_\_\_\_\_\_\_\_ interesting book at the moment.

**3.** My little brother is three. He eats with \_\_\_\_\_\_\_ plastic spoon.

**4.** I want \_\_\_\_\_\_\_ sanwich with \_\_\_\_\_\_\_ herbs and spices.

**5.** We need \_\_\_\_\_\_\_ cheese to go with the pasta.

**6.** Are there \_\_\_\_\_\_\_ apples on the table?

**7.** I need \_\_\_\_\_\_\_ clove of garlic for this recipe.

**8.** I’d like \_\_\_\_\_\_\_ olive oil on my pizza.

**9.** Have we got \_\_\_\_\_\_\_ rice and fresh fish for the sushi?

**10.** “Is there \_\_\_\_\_\_\_ ice cream left?” – “No, there isn’t. Have \_\_\_\_\_\_\_ apple!”

**III.** **Fill in each blank in the sentences with the correct word from the box. Each word has to be used once, and make sure that you use the correct verb forms.**

*taste simmer bake cut stir*

*whisk mix peel pour grate*

**1.** You have to \_\_\_\_\_\_\_\_\_\_\_\_ some vegetables before cooking them.

**2.** To make an apple pie, you \_\_\_\_\_\_\_\_\_\_\_\_ the apples in thin slices.

**3.** To prepare a whipped cream, you should \_\_\_\_\_\_\_\_\_\_\_\_ the cream quickly.

**4.** Swiss cheese is \_\_\_\_\_\_\_\_\_\_\_\_ before being added to pasta.

**5.** You should \_\_\_\_\_\_\_\_\_\_\_\_ the sauce you have prepared to be sure that is is not spicy.

**6.** When you heat a soup on a gas stove, \_\_\_\_\_\_\_\_\_\_\_\_ it frequently with a wooden spoon.

**7.** In a bowl, ou add different ingredients and then you \_\_\_\_\_\_\_\_\_\_\_\_ them to obtain a homogenous mixture.

**8.** Most of the cakes \_\_\_\_\_\_\_\_\_\_\_\_ in an oven at 200oC.

**9.** In an earthenware dish, you can let the preparation \_\_\_\_\_\_\_\_\_\_\_\_ for a long time.

**10.** To prepare poached eggs, remove the shells, and \_\_\_\_\_\_\_\_\_\_\_\_ them into boiling water.

**IV. Math the food quantifiers in column A with the groups of nouns in coulumn B. Write the answer in each blank.**

|  |  |  |
| --- | --- | --- |
| **A** | **B** | **Answer** |
| **1.** a spoonful of  **2.** a glass of/ a bottle of  **3.** a cup of/ a mug of/ a pot of  **4.** a bag of  **5.** a carton of  **6.** a head of  **7.** a bunch of  **8.** a cube of  **9.** a slice of  **10.** a clove of | **A.** lettuce, cabbage, cauliflower, garlic, broccoli  **B.** flour, sugar, oat, beans  **C.** sausage, bread, pork, cheese  **D.** milk, water, beer, wine, cola  **E.** grapes, bananas, onions, carrots  **F.** eggs, milk, yogurt, soup  **G.** honey, medicine, ice cream, sugar  **H.** garlic, shallots  **I.** coffee, tea, coca, hot water  **J.** butter, sugar, ice | **1** + \_\_\_\_  **2** + \_\_\_\_  **3** + \_\_\_\_  **4** + \_\_\_\_  **5** + \_\_\_\_  **6** + \_\_\_\_  **7** + \_\_\_\_  **8** + \_\_\_\_  **9** + \_\_\_\_  **10** + \_\_\_\_ |

**B. READING:**

**I. Read the text and decide whether the statements are true (T) or False (T).**

Vietnamese food culture varies by regions from the north to the south. In Northern Viet Nam, Vietnamese food is characterized by light and balanced flavors with the combination of many ingredients. Northerners have been using many kinds of meats like pork, beef, and chicken to cook; besides, some kinds of freshwater fish, crustaceans, and other mollusks like shrimps, crabs, and oysters, etc. Many famous dishes of Viet Nam are cooked with these ingredients such as Bun Rieu, Pho, Bun Rieu, Bun Thang, Bun Cha, Banh Cuon, etc.

Then, food culture in Central and Southern Viet Nam has developed suitable flavors in each region. In Central Viet Nam, the regional cuisine of Central Viet Nam is famous for its spicy food, which differs from two other parts with mostly non-spicy food. Hue cuisine is typical Central Viet Nam’s food culture. Dishes of Hue cuisine are decorative and colorful, which expresses the influence of the Vietnamese royal cuisine in the feudal period. Food in the region is often decorated sophisticatedly and used with chili peppers and shrimp sauces, namely, Bun Bo Hue, Banh xeo, or Banh beo, etc.

In Southern Viet Nam, the region is characterized by warm weather and fertile soil, which creates favorable conditions for planting a variety of fruit, vegetables and livestock. Thus, food in the region is often added with garlic, shallots and fresh herbs. Particularly, Southerners are favored of sugar; they add sugar in most dishes. Here, there is also an influence of western and Asian cuisines on southern food, such as influences from China, India, France, and Thailand.

|  |  |  |
| --- | --- | --- |
| **Statements** | **T** | **F** |
| **1.** Vietnamese food is rich in flavors and ingredients. |  |  |
| **2.** Vietnamese food cuisine differs from region to region. |  |  |
| **3.** Dishes in the north are often spicy with shrimps, crabs, and oysters. |  |  |
| **4.** Hue cuisine reflects the Vietnamese royal cuisine. |  |  |
| **5.** Hue dishes Used to be decorated sophisticatedly in the feudal period. |  |  |
| **6.** We can easily see the Western-style food in Central Viet Nam. |  |  |
| **7.** Maybe people from other regions feel that southern dishes are sweet. |  |  |
| **8.** Food in Central Viet Nam is used with garlic, shallots and flesh herbs. |  |  |

**II. Read the passage, and choose the correct answer A, B, C or D for each question.**

**A World of Sausage**

All over the world, all different cultures created interesting processed meat products, and one of the most popular is undoubtedly sausage.

To begin with, sausage making may be considered disgusting as it deals with using various animal parts. Since meat is ground up, certain cuts and parts of an animal that wouldn’t be served in their original forms can be used. Literally, this means animal parts such as noses, ears, and other less appetizing areas of an animal’s body. Very often, the ground up meat and flesh is mixed with a certain percentage of fat, along with spices and other fillers. After being mixed well, this meat mixture is then stuffed into the cleaned intestines of the animal, which are then sealed at both ends. The result is sausage.

The meats used in sausages come from a variety of animals, although beef and pork are by far the favourites. In some cultures, sausage made from the meat of horses is considered a delicacy. When sausages are cooked, the cooking process sometimes adds to the flavor. While boiling is probably the simplest method, smoking sausages will add a lot of smoky flavor.

Next time you bite into a sausage, it is probably best not to think too much about how it became the tasty thing you are eating. After all, you don’t want to ruin a good snack.

1. Where is the mixture of meat placed?

**A.** Inside a plastic package **B.** Inside a cleaned intestine

**C.** Inside a refrigerator  **D.** Inside a metal container

2. What won’t be served in their original forms?

**A.** Certain cuts and parts of animals **B.** Spices and fillers

**C.** Sausages of all types **D.** Intestines of an animal

3. What are by far the favourite meats for making sausages?

**A.** Chicken **B.** Horse meat **C.** Cuts of lamb **D.** Beef and pork

4. What is the simplest method of cooking sausages?

**A.** Grilling **B.** Smoking **C.** Boiling **D.** Baking

5. What advice is given in the passage?

**A.** Be careful when making sausages.

**B.** Don’t think too much about what you are eating when eating sausages.

**C.** Try not to use too much fat in the meat mixture when making sausages.

**D.** Make sure intestines are cleaned before packing with meat.

**III. Fill in each gap in the passage with a suitable word.**

**Vietnamese Cooking Habits**

The Vietnamese prefer fresh foods, and will rarely (1) \_\_\_\_\_\_\_\_\_ ready-made or frozen food. Since Viet Nam is an agricultural country, there are many kinds of vegetables and fruits (2) \_\_\_\_\_\_\_\_\_\_. Viet Nam also has a long coastal line, which means that there are many kinds of (3) \_\_\_\_\_\_\_\_\_\_ available.

Vietnamese households also prefer cooking and eating at (4) \_\_\_\_\_\_\_\_\_\_. As Viet Nam is originally an agricultural country, its culture is a community (5) \_\_\_\_\_\_\_\_\_\_. Therefore, a family may have several (6) \_\_\_\_\_\_\_\_\_\_\_, and meals are family affairs. (7) \_\_\_\_\_\_\_\_\_\_ they may eat out with their friends after work to (8) \_\_\_\_\_\_\_\_\_\_\_\_\_ those relationships, they still join their families’ meals later in the evening.

**D. WRITING:**

**I. Write complete sentences about the eating customs in Viet Nam, using the words/ phrases given in their correct forms. You can add some more necessary words, but you have to use all the words given.**

**1.** In Viet Nam/ rice/ one/ staple foods.

**2.** most common cooking styles/ deep-frying/ stir-frying/ boiling/ steaming.

**3.** Vietnamese food/ tend/ not/very fatty/ as/ they/ use/ minimal oil/ dishes.

**4.** Most/ the meals/ combination/ meats/ vegetables/ herbs.

**5.** Most meals/ served/ extra soy sauce/ fish sauce.

**6.** The food/ often all/ placed/ center/ table.

**7.** The Vietnamese/ usually use/ chopsticks/ spoons.

**8.** Cooks/ like/ emphasize/ fresh, natural taste/ ingredients.

**THE END**