UNIT 7: RECIPES AND EATING HABITS

I. SOME AND ANY

- SOME và ANY là hai tính từ chỉ số lượng bất định. Chúng được dùng trước danh từ không đếm được hoặc danh từ đếm được số nhiều.

1. SOME (MỘT VÀI, MỘT ÍT)
2. ANY (NÀO)

- Some được dùng trong câu khẳng định và lời mời, yêu cầu
- Any được dùng trong câu phủ định hoặc câu hỏi.

Ex: Would you like some tea? (Bạn dùng một ít trà nhé?)
Ex: Do you have any pens? (Bạn có chiếc bút nào không?)

- Some đứng trước danh từ không đếm được hoặc danh từ đếm được số nhiều.
- Any đứng trước danh từ không đếm được hoặc danh từ đếm được số nhiều.

Ex:
There are some butter. (Có một chút bơ)
There are some eggs. (Có một vài quả trứng)

Ex:
There isn’t any butter. (Không có chút bơ nào cả.)
Are there any eggs? (Có quả trứng nào không?)

II. MODAL VERBS IN CONDITIONAL SENTENCES TYPE 1
Động từ khuyết thiếu trong câu điều kiện loại 1.

<table>
<thead>
<tr>
<th>If - clause (Mệnh đề If)</th>
<th>Main clause (Mệnh đề chính)</th>
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<tbody>
<tr>
<td>If + S + V (present simple)</td>
<td>S + will/ can/ may/ must + V (bare infinitive)</td>
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Câu điều kiện này điều kiện có thể hoặc không thể thực hiện trong tương lai.

TEST 1

A. VOCABULARY AND GRAMMAR

Mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions.

Question 1: Some of famous ____________ in Southern Viet Nam are Hu Tieu Nam Vang, Bun Mam, fried rice, flour cake, and many kinds of puddings.
   A. stapes  B. ingredients  C. foods  D. dishes

Question 2: Beet greens are the most ____________ part of the vegetable and can be cooked like any other dark leafy green.
   A. traditional  B. careful  C. colourful  D. nutritious

Question 3: Pick out the word whose underlined bold part is pronounced differently from that of the others
   A. sauce  B. steam  C. sugar  D. stew

Question 4: It is boring here. ____________ ever happens in this place.
   A. Anything  B. Something  C. Things  D. Nothing

Question 5: Moderation doesn’t mean ____________ the foods you love.
A. to prevent  B. preventing  C. to eliminate  D. eliminating

**Question 6:** You should eat more fruits and vegetables if you _________ to lose weight.
A. would want  B. wanted  C. will want  D. want

**Question 7:** When we were on holiday, we spend too _______ money.
A. a lot of  B. many  C. much  D. lots of

**Question 8:** If people work so much, they _________ depressed and eat more.
A. may feel  B. may have felt  C. felt  D. had felt

**Question 9:** Studies suggest _________ only when you are most active and giving your digestive system a long break each day.
A. eating  B. being eating  C. to eat  D. being eaten

**Question 10:** Despite the differences in cuisine of each region, there are similarities, such as the ______ for main meals – rice, ways of adding fish sauce, herbs and other flavors.
A. foundation  B. necessity  C. staple  D. basic

**Question 11:** Perhaps the three most popular ice cream ______ are vanilla, chocolate and strawberry.
A. offers  B. flavours  C. brands  D. ingredients

**Question 12:** I spend _________ my spare time gardening.
A. most  B. the most of  C. most of  D. most of the

**Question 13:** Your body uses calcium to build healthy bones and teeth, _________ them strong as you age.
A. continue  B. keep  C. remain  D. care

**Question 14:** Food in Northern Vietnam is not as _________ as that in Central and Southern Viet Nam, as black pepper is often used rather than chilies.
A. spicy  B. exciting  C. strong  D. flavour

**Question 15:** Pumpkin soup is a good source of ________ minerals and vitamins, especially vitamin A
A. fibers  B. fats  C. sugars  D. solids

**Question 16:** Pick out the word which has different stress pattern from that of the rest
A. celery  B. benefit  C. engineer  D. versatile

**Question 17:** There’s _________ use in complaining. They probably won’t do anything about it.
A. a few  B. a little  C. no  D. some

**Question 18:** If you eat too quickly, you may not _________ attention to whether your hunger is satisfied.
A. keep  B. show  C. pay  D. take

**Question 19:** Another feature in northern cuisine is in winter all family members gather around a big hotpot _________ there is a combination of seasoned broth, vegetables and meats.
A. what  B. where  C. which  D. in which
Question 20: You ______ chicken. You cook it in an oven or over a fire without liquid.
A. fry  B. roast  C. steam  D. boil

Question 21: ____________ cups of coffee have you taken?
A. How many  B. How much  C. How  D. How far

Question 22: Common eating habits that can lead to ____________ are: eating too fast, eating when not hungry, eating while standing up, and skipping meals.
A. put on weight  B. be heavy  C. gain weight  D. weight gain

Question 23: If you eat a lot of fruit, you ____________ health problems.
A. have  B. may have  C. had  D. will never have

B. READING

Choose the word or phrase among A, B, c or D that best fits the blank space in the following passage.

Humans have a long history of eating insects, and it turns out that they can be a very (24) ______ part of a person’s regular (25) ______. Insects have a lot of protein, and they are often easier to catch than (26) ______ animals. Therefore, it is no wonder that when our ancient (27) ______ saw some tasty worms or grubs wiggling on the ground, they made a quick snack of the m.

In Thailand, insects are a regular part of the street food that can be found. The different (28) ______ that people snack on are crickets, grasshoppers, giant water bugs, and assorted worms. They are often deep-fried and salted, so they have a crunchy texture that makes them a perfect snack food. If you can get past the (29) ______ that you are eating a cricket, it will crunch in your mouth just like a corn chip!

Question 24: A. nutrition  B. nutritious  C. nutritions  D. nutritiously
Question 25: A. health  B. fitness  C. diet  D. balance
Question 26: A. prey  B. pray  C. eat  D. digest
Question 27: A. acquaints  B. relatives  C. ancestors  D. offspring
Question 28: A. insects  B. animals  C. herbs  D. cattle
Question 29: A. true  B. exact  C. fact  D. reality

Fill in the blank with a suitable word.

Isn’t it amazing how much time we spend (30) ______ about food? “Have you ever eaten ...?” “What did you have for lunch?” and so on. And when you travel from one country to another, you find that people have quite different (31) ______ about food. People often feel that what they eat is normal, and that what other people eat is strange or silly.

In most parts of Asia, for example, no (32) ______ is complete without rice. In England, people (33) ______ potatoes every day. In the Middle East, bread is the main part of every meal. Eating, like so many things we do, becomes a (34) ______ which is difficult to change. Americans like to drink a lot of orange juice and coffee. The English (35) ______ tea four or five times every day. Australians drink large amount of beer and the French drink wine every day.
D. WRITING

I. Complete the second sentence in each pair so that it has similar meaning to the first sentence, using “you”.

Question 36: Vegetarians don’t eat meat.
=> If you’re a vegetarian, _______________________________________

Question 37: People who live in a cold country don’t like hot weather.
=> If you live _________________________________________________

Question 38: Teachers have to work very hard.
=> If you’re a teacher, ___________________________________________

Question 39: People who do a lot of exercise stay fit and healthy.
=> If you ______________________________________________________

Question 40: Mechanics understand engines.
=> If you’re a __________________________________________________

Question 41: People who read newspapers know what’s happening in the world.
=> If you ______________________________________________________