




Name: \_\_\_\_\_

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Score: \_\_\_\_/10

## UNIT 2 (TEST B)

1.  <sup>3</sup> Listen to Sophie and Phil talking to a waiter at a restaurant and complete Sophie's orders. (3 x 0.2 = 0.6)



I'll have an (1) \_\_\_\_\_ and

(2) \_\_\_\_\_ (3) \_\_\_\_\_,

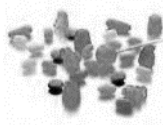
please. And an (3) \_\_\_\_\_

(2) \_\_\_\_\_, please.

2. Now listen again and answer the question. (1 x 0.4 = 0.4)

How much is Phil's order? \_\_\_\_\_.

3. Write the names of the food items. (5 x 0.2 = 1)



1. \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_

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4. Which items in exercise 3 are healthy and which are unhealthy? Classify them. (5 x 0.1 = 0.5)

Healthy items

Unhealthy items

5. Read this article and state if the sentences below are true (T) or false (F). (5 x 0.1 = 0.5)

## Have you got any unhealthy habits?



In our modern society, many people are always in a hurry and they usually eat junk food, such as hamburgers, hot dogs or chips, in city bars and restaurants. As fast food is rich in calories and low in nutrients, people who include it in their diets have got more chances to suffer from diabetes or a heart condition.

Skipping meals is also a very bad habit. Having breakfast is very important because it gives us energy and it also helps us to make healthy eating choices during the day. So, it is necessary to have at least a bowl of cereal or some bread and a glass of milk for breakfast. And if you have not got enough time, you can always eat an apple, a banana, an orange or some other fruit on your way to work or school!

Eating and doing something else at the same time is another common unhealthy habit. People get distracted and do not pay attention to how much food they are eating. Consequently, they may continue eating without really being hungry. It is essential that our body gets the right amount of water throughout the day. During meals, it is advisable to avoid soft drinks or artificial fruit juice and include some natural juice or water.

If you have got any (or all) of these habits, start changing them right now! You can still have a healthier life!

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1. People usually eat junk food because they are in a hurry. ☐
2. Fast food is rich in nutrients and low in calories. ☐
3. Skipping meals isn't a good habit. ☐
4. Drinking water during meals makes people feel full. ☐
5. You should avoid soft drinks or artificial fruit juice during meals. ☐
6. Read the article in exercise 5 again and find four countable and four uncountable nouns ( $8 \times 0.1 = 0.8$ )

countable nouns	uncountable nouns

7. Choose the correct option. ( $4 \times 0.1 = 0.4$ )

1. Fred eats \_\_\_\_\_ sweets and biscuits.

very little

very few

a lot

2. There is \_\_\_\_\_ apple juice in the fridge.

many

quite a lot

not many

3. Emma drinks \_\_\_\_\_ soft drinks when she has dinner.

any

a lot of

few

4. I try to eat \_\_\_\_\_ eggs per week.

very little

a few

a lot

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8. Unscramble the words in bold. (4 x 0.2 = 0.8)

1. a **icepe** of chocolate \_\_\_\_\_
2. a **sclie** of wholemeal bread \_\_\_\_\_
3. a **ucp** of tea \_\_\_\_\_
4. a **soplnouf** of salt \_\_\_\_\_

9. Answer these questions about yourself. (3 x 1 = 3)

1. What do you usually have for lunch?  
\_\_\_\_\_.
2. Do you ever eat any unusual or weird food? What do you eat?  
\_\_\_\_\_.
3. Do you like healthy food? What healthy food items do you usually have?  
\_\_\_\_\_.

10. Write a short paragraph about your favourite breakfast, including food items and drinks.  
(2)