

Unit 5 Written quiz

Name: _____

Date: _____

Total Score

_____/50 points

A Listen to the conversations. What food is each conversation about? Circle the correct answer.

Conversation 1

- a. juice
- b. milk
- c. soda

Conversation 2

- a. popcorn
- b. hot dogs
- c. chocolate

Conversation 3

- a. mustard
- b. ketchup
- c. butter

Conversation 4

- a. cookies
- b. ice cream
- c. cake

A _____ /8 points (2 points each)

B Circle the correct words to complete the sentences.

1. I'm trying to eat **less** / **fewer** meat.
2. At our house, we eat very **little** / **few** eggs.
3. There aren't **many** / **much** vegetables in the vegetable bin.
4. It's good to drink a **kilo** / **cup** of green tea every day.
5. Would you like another **quart** / **slice** of pie?
6. There's a **carton** / **pound** of orange juice in the refrigerator.
7. If you go to the store, please pick up a **loaf** / **package** of bread.
8. **A few** / **A little** fat is part of a healthy diet.
9. There isn't **much** / **many** chocolate in chocolate milk.
10. Where's the **bag** / **bottle** of potato chips?

B _____ /10 points (1 point each)

C Complete the conversations with *too*, *too much*, *too many*, or *enough*.

1. **A** Are you hungry _____ to eat dinner now?
B No, I'm still _____ full. I had a huge lunch earlier.
2. **A** We eat _____ frozen dinners at home. It's not good.
B I know. But they're so convenient, and there's never _____ time to cook a regular meal after work.
3. **A** I need to go on a diet. I weigh _____.
B Maybe you're eating fast food _____ often.
4. **A** These nuts are terrible. They have _____ salt on them!
B I know. I didn't look at the package closely _____. I usually buy unsalted nuts.

C _____ /8 points (1 point each)

D Cross out the adjective that doesn't go well with each food.

- | | | | | |
|---------------------|-----------|---------|---------|------------|
| 1. eggs: | barbecued | boiled | fried | raw |
| 2. broccoli: | boiled | dried | steamed | stir-fried |
| 3. cabbage: | fresh | pickled | roasted | boiled |
| 4. lamb: | barbecued | grilled | roasted | steamed |
| 5. potatoes: | baked | boiled | fried | smoked |
| 6. noodles: | boiled | dried | fried | grilled |

D _____ /6 points (1 point each)

E Circle the best expression to complete each response.

1. **A** Are you thirsty? Would you like some iced tea?
B No, I'm fine, thanks. _____
a. Whatever you prefer.
b. Maybe later.
c. You choose.
2. **A** Do you want to eat dinner at home tonight, or would you rather go out?
B _____ Whatever you prefer.
a. Either way.
b. No, thanks.
c. Are you having some?
3. **A** Well, we can go by bus, or we can take the subway. Which do you prefer?
B _____ You choose.
a. Are you sure it's no trouble?
b. I'm fine, really.
c. Whichever is easier.
4. **A** Do you want a snack? I have some nuts. Or maybe a piece of fruit?
B Anything's good. _____
a. I'm fine, thanks.
b. Whatever you're having.
c. No, thanks.

E _____ /8 points (2 points each)

F Read the article. Then read the statements and circle (a) True, (b) False, or (c) Doesn't say.

Are Americans eating better?

Most health experts agree: Americans are eating too much, and the population as a whole is getting heavier. But if you look at recent changes in Americans' eating habits, not all of them have been bad. There have been some improvements, although some poor habits remain. Consider these facts.

- Americans are still eating too much meat, but they're eating less beef and more chicken and fish. That's good because chicken and fish have less fat than red meat.
- They're drinking less milk, but they're also eating more cheese than before. So they're still getting too much fat from milk products.

- Americans are eating fewer eggs. Many people think fewer eggs means less heart disease.
- They're eating more carbohydrates such as rice, potatoes, bread, and beans. Some think this is a good change, but others say it's adding to Americans' weight problems.
- Americans are eating about five servings of fruits and vegetables a day. That's not bad, but eight to ten servings would be better.
- Americans are eating too much fat and sugar because they eat too many prepared (fast) foods, which contain these ingredients.



Americans . . .

1. don't eat enough meat.
a. True b. False c. Doesn't say
2. used to eat more eggs.
a. True b. False c. Doesn't say
3. eat potatoes more often than rice.
a. True b. False c. Doesn't say
4. should eat more fruits and vegetables.
a. True b. False c. Doesn't say
5. eat too little fat.
a. True b. False c. Doesn't say

F _____ /10 points (2 points each)