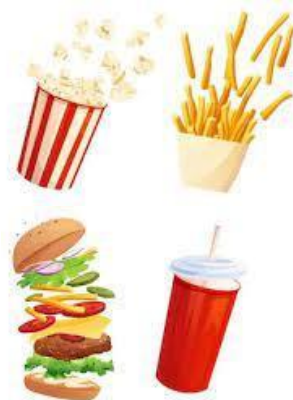


Modular Test 6A

VOCABULARY

Ex.1 Match the words to form phrases.

- | | |
|-------------------|---------------|
| 1. crash | A. book |
| 2. artificial | B. decay |
| 3. dry | C. diet |
| 4. grilled | D. exercise |
| 5. spicy | E. additives |
| 6. regular | F. food |
| 7. still | G. meals |
| 8. recipe | H. skin |
| 9. tooth | I. vegetables |
| 10. well-balanced | J. water |



Ex. 2 Fill in: *protect, raw, vegetarians, carbohydrates, brain, overweight, fiber, rumbling, indigestion, potatoes.*

- I am hungry and my tummy starts
- Orange foods are food.
- My favourite vegetables are cucumbers and
- In sushi they use ... fish. I don't like it.
- Fruits and vegetables are rich in vitamins, minerals and
- Chips contain many
- Fruit and vegetables us from all kinds of illnesses.
- Ann is She should eat less and take regular exercises.
- If you have, you should avoid spicy food.
- This restaurant is a great place for

Ex. 3 What problem does each person have? *indigestion, toothache, stomachache, headache, cold, tiredness*

- 'My head hurts,' said Tony.
- 'Oh dear! I shouldn't have eaten that spicy food,' said Frank.
- 'I think I should go to the dentist,' said Katerina.
- 'I feel really sleepy during the day,' said Mary.
- 'I can't stop sneezing and my eyes are watering!' said Caroline.
- 'I have pains in my stomach!' said Jo.

Ex 3. Complete with correct prefixes.

- I can't do all these at once! Who do you think I am? **MAN**
- We are going to our apartment before we sell it. **DECORATE**
- He has lots of money. He's a **MILLIONAIRE**
- Please, the oven for 10 minutes before put the cake in. **HEAT**
- The ghost (приведение) disappeared and after a while. **APPEAR** (появляться)

GRAMMAR

Ex. 4. Put the verbs in brackets into the correct form

- I'm sure she _____ (come) if you invite her.
- We _____ (go) for a walk if the weather is fine.
- If I were you, I _____ (not/spend) so much time playing video games.
- If she had studied harder, she _____ (have) a well-paid job.
- If I _____ (be) you, I would stop eating junk food.
- I _____ (have) dinner with you if you are at home on time
- If I _____ (not/have) to work tonight, I would come with you to the restaurant.
- If we _____ (get) lost, we would have been here long ago.
- If she had her laptop with her, she _____ (email) me.

Ex. 5. Complete the sentences using the words in bold.

- You must give _____ this crash diet; it's not good for you.
up out away
- Georgia suffers _____ stomach problems; she can't have any dairy products.
with of from
- He's always very nervous about everything; he can't cope _____ stress at all.
in with by
- The doctor advised me _____ fatty foods.
off against away
- What are you cooking in there? It's giving _____ a nasty smell!
off out up

Everyday English**Ex. 6 Choose the correct item.**

- A: Don't you think you should cut down on sugar?
B: **Now you've got the idea! / Maybe you're right.**
- A: You're looking well!
B: **Thanks. / Oh, dear!**
- A: I'm not feeling well.
B: **Oh dear! I hope you feel better soon. / Much better, thanks.**
- A: If I were you, I'd eat foods rich in vitamin C.
B: **Yes, really. / That's not a bad idea.**
- A: It might be a good idea to avoid spicy foods.
B: **I've already tried that and it didn't work. / Actually, I have.**

READING**Ex. 7 Read the text and match items A-G with gaps. There is one item you don't need to use.**

- | | |
|--|---|
| A. but they can also lower the risk of disease. | G. and reject the healthier options such as raw carrots or an apple |
| B. and enjoy more flavor, too. | E. which give us the daily vitamins that we need |
| C. such as steaming, boiling, microwaving, stir-frying or roasting | F. by enjoying a wide variety of fresh fruits and vegetables themselves |
| D. instead of coffee, tea or fizzy drinks. | |

Colorful and crunchy fruit and vegetables can be an enjoyable part of our diet. However, not all children and adults eat the recommended amount of two pieces of fruit and five vegetables per day. Some children learn to expect 'tastier' snack foods **1. ...**

Unfortunately, parents may not always set a good example **2. ...**

There are many reasons why we should eat plenty of fresh produce. Not only are they packed with healthy vitamins, **3. ...**

Eating more fruits and vegetables can also lower cholesterol and bring down high blood pressure. They also keep your eyes and digestive system in good shape. Fruit and vegetables may be any color, shape, texture or variety. They can be frozen, fresh, tinned or dried. There are also many ways to prepare them, **4. ...**

It is important to include a variety of different colors of fruit and vegetables in your diet. Sometimes vegetables and fruit can seem expensive. But, compared to packaged foods like crisps, they are relatively cheap. If you are worried about the cost, choose those that are in season. That way you will get a chance to try new things **5. ...**

So how can we find ways to include more fruit and vegetables in our diet? It is a good idea to add fruit to your breakfast cereal in the mornings. Or you can try drinking fruit juice **6. ...**

Increasing the amount of fruit and vegetables you eat by as little as one serving a day can make a big difference.