

UNIT 10 PROGRESS TEST

Name: _____

Date: _____

Class: _____

Mark: ___ / 75

Reading

Read the text. Then do Exercise 1.

There are many diets people can choose to follow and they do so for many different reasons. 1) __ I have been following a vegetarian diet for two years now. I love the taste of meat, so it hasn't been easy! There are many reasons for becoming a vegetarian. Some people do so because they feel that following a diet that is low in fat and high in fibre is the most nutritious way to eat. But most people decide to follow a vegetarian diet for a combination of reasons.

The answer that the majority of people gave when asked about why they are following a vegetarian diet was that they didn't approve of the conditions animals are kept in and the way they are treated and killed for food. Vegetarians do not eat meat, fish, poultry or products that come from animals after they are slaughtered for their meat. They mostly eat vegetables, fruit, nuts, legumes, such as peas and beans, and grains. Vegetarians also eat some animal products like eggs, milk and cheese, but they usually look for these to be 'free-range', meaning that the animals are not kept in small cages and live a life where they have space to move around and are not treated badly. 2) __

Cutting down on meat is also good for the environment. F. M. Lappe wrote in his book, *Diet for a Small Planet*, that it takes 16 pounds of grain, 8,000 litres of water and at least 4 litres of petrol to produce only half a kilo of meat. In the US, over 70% of the grain farmland is used to feed the animals we eat. Because

we eat so much meat, people are cutting down trees to grow grains to feed these animals. **3)** ___

Many people think that becoming a vegetarian is not a healthy lifestyle to follow. **4)** ___ It has been proven that vegetarians are less likely to suffer from heart disease, cancer, diet-related diabetes, putting on too much weight from fattening foods and high blood pressure.

Another myth is that vegetarian food is boring and tasteless. Although I like the taste of meat and do miss it, there are many delicious vegetarian recipes to choose from. There are thousands of recipes from hundreds of different vegetables, grains, legumes and fruit to choose from. Also, vegetarian food tends to be cheaper than a meat-based diet! Going out to eat shouldn't be a problem either. Most restaurants have vegetarian options in their menus. **5)** ___

1 Complete the text with these sentences. [10 points]

A There are some people who do not eat any animal products. They are called vegans.

B This is a myth. In fact, people who follow a well-balanced vegetarian diet actually eat most of the food that doctors recommend to us.

C This is true especially here in Greece where there are so many traditional vegetarian dishes to choose from.

D Some people follow the diet they believe is the healthiest for them and others follow diets only to lose weight in time for beach weather.

E 'Factory farms', where the animals we eat are kept, produce hundreds of millions of tons of animal waste every year, which leaks into and pollutes rivers and streams.

Vocabulary

2 Complete the sentences with the correct words in the right form.

[6 points]

cut, sprain, break, pull, get, have

- 1 Jonathan _____ his ankle playing basketball the other day.
- 2 She is going to _____ a bone if she keeps on skiing so fast.
- 3 Charlotte is so happy to _____ her leg out of a cast in time for summer.
- 4 It really is a good idea to stretch before doing sport, otherwise you might _____ a muscle.
- 5 Even though I _____ a black eye, I'm glad I stood up to him.
- 6 Careful with that knife! It's very sharp and you might _____ yourself.

3 Complete with these words. [5 points]

cut down on, get over, go off, put on, take care of

After my last visit to the doctor, I have decided to make some changes in the way I eat and the lifestyle I lead. Firstly, I need to **1)** _____ the bad habit of smoking. If I can do this alone, it will be a huge step towards a healthier life.

Secondly, I must **2)** _____ fattening foods. I eat way too much food that contains a lot of sugar and fat. Over the years, I have **3)** _____ over 15 kilos! I also need to eat the fruit and vegetables that I buy, instead of letting them **4)** _____ and throwing them out. If I don't **5)** _____ myself today, who knows what tomorrow will bring?

4 Choose the correct answer. [12 points]

1 I don't like eating at my cousin Anne's house. She is a vegan and the food is so **tasty / bland**.

2 I don't think I am going to pick the apples yet. They aren't ripe and will be too **sweet / sour**.

3 I love **spicy / mild** food. That's why Mexican cuisine is my favourite, especially when they use a lot of jalapeño peppers!

4 I don't understand why **sparkling / still** water is so popular in other countries. I like it straight from the tap.

5 I prefer crisps when they are a bit burnt and **crisp / soft**.

6 You should add some more sugar in this lemonade, it still tastes **sweet / bitter**.

7 I am having trouble sleeping because there was so much food and all the dishes were so **light / heavy**.

8 My uncle is from Texas and he likes his meat **rare / well-done**. If he sees blood, he turns it back.

9 If the vegetables you eat are **raw / cooked**, they lose a lot of vitamins.

10 I love **salty / sweet** foods like potato chips.

11 Don't add too much salt, just two **teaspoons / cups**, please.

12 My uncle hardly cooks the meat he eats. He likes his steaks **well-done / rare**.

Grammar

5 Choose the correct answer. [6 points]

1 That's the waiter **who / which** took our order.

2 That's the cafe **where / which** we ate that amazing cheesecake.

3 He didn't explain **why / which** raw vegetables are healthier.

4 This is the bakery **where / which** has delicious pastries.

5 I'll never forget **when** / **where** Chef Pierre cooked dinner just for me!

6 John, **who's** / **whose** father owns Hallahan's Steak House, is having a BBQ this weekend.

6 Join these sentences using *non-defining relative clauses*. [5 points]

1 That's the cook from Casa Pasta. He makes amazing spaghetti dishes.

2 Every other Sunday we go on picnic at Sounion. We meet our friends there.

3 I like to have a glass of wine with my food. It's also good for me.

4 Our mums are baking cakes for our birthdays. They both make great desserts.

5 Last Sunday we went for dinner. We saw Angela and Mark.

7 Choose the correct answer. [6 points]

1 I wish I **hadn't** / **haven't** eaten all the dessert.

2 I'd love to visit New Zealand. If only they **would sell** / **had sold** the tickets cheaper.

3 I wish I **didn't boil** / **hadn't boiled** the vegetables.

4 It's about time they **started** / **start** watching their diet.

5 I'd prefer it if we **don't** / **didn't** eat meat everyday.

6 If only I **could cook** / **cooked** Italian food.

8 Write sentences about each situation beginning with the words given.

[6 points]

1 If I hadn't eaten it all, I wouldn't have felt so bad.

If only _____.

2 It's annoying that my neighbours play loud music all the time.

I wish _____.

3 Slow down! You drive way too fast.

I wish _____.

4 It's too bad that I didn't go to the market today.

If only _____.

5 I really regret spending money on that awful movie.

I wish _____.

6 Don't order any food because I am cooking dinner tonight.

I'd rather _____.

9 Writing [20 points]

Read the letter below that your friend Sam has written to you asking for your advice. Write back to him with your advice. Write 120–150 words.

Hi,

I haven't been eating right the past years and I want to change my diet. I am thinking about becoming a vegetarian but people have told me not to. They say that vegetarians do not have healthy diets and that the food does not taste good. But even if it isn't that healthy, it's good for the environment. I don't know what to do. Can you give me some advice?

Many thanks,
Sam

Start your letter: Dear Sam,

Paragraph 1: Why are you writing?

Paragraph 2: Tell him if you think that vegetarian food is healthy or not and if it tastes good.

Paragraph 3: Tell him if you think becoming a vegetarian is good for the environment.

Paragraph 4: End the letter with a friendly comment.

Sign off: Kind Regards, or Faithfully,