#Jenny

Finally I get this ebook, thanks for all these I can get now!

#Rio

Cool! I'am really happy

#Markus Jensen

I did not think that this would work, my best friend showed me this website, and it does! I get my most wanted eBook

#Hun Tsu

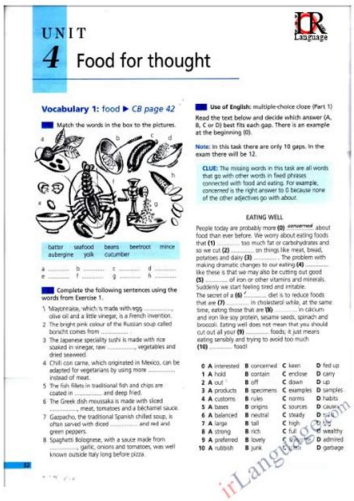
wtf this great ebook for free?!

#Che Salsa

My friends are so mad that they do not know how I have all the high quality ebook which they do not!

#Diego Butler

so many fake sites. this is the first one which worked! Many thanks



UNIT 4 Food for thought

Vocabulary 1: food ▶ CB page 42

Match the words in the box to the pictures.

batter seafood beans beetroot mince aubergine yolk cucumber

Complete the following sentences using the words from Exercise 1.

Use of English: multiple-choice cloze (Part 1)

Read the text below and decide which answer (A, B, C or D) best fits each gap. There is an example at the beginning (0).

Note: In this task there are only 10 gaps. In the exam there will be 12.

CLUE: The missing words in this task are all words that go with other words in fixed phrases connected with food and eating. For example, *concerned* is the right answer to 0 because none of the other adjectives go with *about*.

EATING WELL

People today are probably more (0) concerned about food than ever before. We worry about eating foods that (1) ..... too much fat or carbohydrates and so we cut (2) ..... on things like meat, bread, potatoes and dairy (3) ..... The problem with making dramatic changes to our eating (4) ..... like these is that we may also be cutting out good (5) ..... of iron or other vitamins and minerals. Suddenly we start feeling tired and irritable. The secret of a (6) ..... diet is to reduce foods that are (7) ..... in cholesterol while, at the same time, eating those that are (8) ..... in calcium and iron like soy protein, sesame seeds, spinach and broccoli. Eating well does not mean that you should cut out all your (9) ..... foods; it just means eating sensibly and trying to avoid too much (10) ..... food!

0 A interested B concerned C keen D fed up
1 A hold B contain C enclose D carry
2 A out B off C down D up
3 A products B specimens C examples D samples
4 A customs B rules C norms D habits
5 A bases B origins C sources D causes
6 A balanced B neutral C steady D fair
7 A large B tall C high D fat
8 A strong B rich C full C wealthy
9 A preferred B lovely C D admired
10 A rubbish B junk C D garbage

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