

World English 1: Unit 4

Instructions: *Read. Then choose the correct answers.*

Losing Weight

I want to lose weight. I plan to go on a special diet. My doctor suggests either a high-fiber or a high-protein diet, so I made two menus to try.

My High-Fiber Diet

Breakfast: One bowl of breakfast cereal (such as wholegrain cereal, but nothing with too much sugar), or a wholewheat bagel and some fresh fruit.

Lunch or Dinner: Green vegetables, bean or lentil soup (I like lentils!), and some berries or nuts.

Snack: Popcorn or dried fruit (I don't really like popcorn, so fruit is better.).

My High-Protein Diet

Breakfast: Three sausages, two eggs, and a glass of milk.

Lunch or Dinner: A large steak (I love steak!), and cheese.

Snack: A hamburger or hot dog without the bread. (My doctor thinks that too much bread is not good for me.)

After two weeks I should see a change. The diet I choose should be easy because many things on my menus are my favorite foods. I like the high-protein diet better, but it seems like a lot of meat. People who exercise say that a high-protein diet really works. It certainly is more interesting.

- _____ 1. What kind of food does the writer NOT enjoy eating?
 - a. sausages
 - b. popcorn
 - c. bread
- _____ 2. What is NOT included in the high-fiber diet?
 - a. Different kinds of vegetables
 - b. Cereal with a lot of sugar
 - c. A choice of soups
- _____ 3. What does the writer say is true about the diets?
 - a. It's hard to eat boring food.
 - b. The writer should start to lose weight quickly.
 - c. The high-fiber diet is more delicious.
- _____ 4. According to the writer, what is true about a high-protein diet?

- a. It is more expensive than a high-fiber diet.
- b. It does not have very much meat in it.
- c. It is good for people who exercise a lot.

Instructions: Track 8 | *Listen. Then complete each statement with one word from the conversation.*

- 5. The boy does not want chicken because he does not want to eat _____ right now.
- 6. The boy does not want a _____ because there is no lettuce.
- 7. There are two _____ and a banana.
- 8. The boy will drink some _____ with his snack.

Instructions: *Match each food with the correct food group. Food groups can be used more than once.*

- a. dairy products
- b. drinks
- c. meat
- d. vegetables
- e. fruit

- _____ 9. shrimp
- _____ 10. lettuce
- _____ 11. sausages
- _____ 12. cheese
- _____ 13. lemons

Instructions: *Complete each sentence with one or two words from the list. Sometimes more than one answer is possible. Words can be used more than once.*

- fast food
- fresh
- frozen
- healthy
- high-fiber
- high-protein
- home-grown
- organic
- packaged
- processed
- vegan
- vegetarian

14. Eating well will help you stay _____.
15. Some _____ diets include milk and eggs, but no meat.
16. My mother tells me to eat snacks like _____ fruit, but I like _____ snacks like ice-cream

Instructions: *Choose the answer that best completes each sentence.*

- _____ 17. I had _____ eggs for breakfast this morning.
a. a/an
b. some
c. any
- _____ 18. This recipe needs _____ milk and butter.
a. a/an
b. some
c. any
- _____ 19. Is there _____ meat in the freezer?
a. a/an
b. some
c. any
- _____ 20. Her diet doesn't include _____ processed food.
a. a/an
b. some
c. any
- _____ 21. I bought _____ fish at the market.
a. a/an
b. some
c. any

Instructions: *Write a full sentence using the words in parentheses and one of the foods from the list. Use each food only once.*

apples
bananas
bread
lemons
milk
onions
~~potatoes~~
rice
sugar

Example

(I / bought / a few)

I bought a few potatoes.

22. (how much / did / you / bring)

23. (we / not / have / much)

24. (how many / should / I get)

Instructions: *Complete the tasks.*

25. Write a short paragraph (50–75 words) that explains how to make a dish you like. Use sequencing words in your instructions.

- *First*

- *Next*

- *Then*

- *After that*

- *Meanwhile*

- *Finally*

World English 1: Unit 4

Answer Section

- | | | | |
|--|--------|-----------------|-----------------------------------|
| 1. ANS: B | PTS: 1 | OBJ: Reading | |
| 2. ANS: B | PTS: 1 | OBJ: Reading | |
| 3. ANS: B | PTS: 1 | OBJ: Reading | |
| 4. ANS: C | PTS: 1 | OBJ: Reading | |
| 5. ANS: meat | | | |
| | PTS: 1 | OBJ: Listening | MSC: WE3e_L1_EV_Audio_Track_8.mp3 |
| 6. ANS: salad | | | |
| | PTS: 1 | OBJ: Listening | MSC: WE3e_L1_EV_Audio_Track_8.mp3 |
| 7. ANS: oranges | | | |
| | PTS: 1 | OBJ: Listening | MSC: WE3e_L1_EV_Audio_Track_8.mp3 |
| 8. ANS: water | | | |
| | PTS: 1 | OBJ: Listening | MSC: WE3e_L1_EV_Audio_Track_8.mp3 |
| 9. ANS: C | PTS: 1 | OBJ: Vocabulary | |
| 10. ANS: D | PTS: 1 | OBJ: Vocabulary | |
| 11. ANS: C | PTS: 1 | OBJ: Vocabulary | |
| 12. ANS: A | PTS: 1 | OBJ: Vocabulary | |
| 13. ANS: E | PTS: 1 | OBJ: Vocabulary | |
| 14. ANS: healthy | | | |
| | PTS: 1 | OBJ: Vocabulary | |
| 15. ANS:
vegetarian
healthy | | | |
| | PTS: 1 | OBJ: Vocabulary | |
| 16. ANS:
fresh, frozen
organic, frozen | | | |
| | PTS: 1 | OBJ: Vocabulary | |
| 17. ANS: B | PTS: 1 | OBJ: Grammar | TOP: Count and Non-count Nouns |
| 18. ANS: B | PTS: 1 | OBJ: Grammar | TOP: Count and Non-count Nouns |
| 19. ANS: C | PTS: 1 | OBJ: Grammar | TOP: Count and Non-count Nouns |
| 20. ANS: C | PTS: 1 | OBJ: Grammar | TOP: Count and Non-count Nouns |
| 21. ANS: A
b | | | |
| | PTS: 1 | OBJ: Grammar | TOP: Count and Non-count Nouns |
| 22. ANS: | | | |

(Answers will vary. Award point if count non-count noun follows *much*.) How much bread did you bring?

PTS: 1 OBJ: Grammar TOP: How much and How many with Quantifiers

23. ANS:

(Answers will vary. Award point if non-count noun follows *much*.) We don't have much milk.

PTS: 1 OBJ: Grammar TOP: How much and How many with Quantifiers

24. ANS:

(Answers will vary. Award point if count noun follows *many*.) How many lemons should I get?

PTS: 1 OBJ: Grammar TOP: How much and How many with Quantifiers

25. ANS:

Answers will vary.

PTS: 1 OBJ: Writing