



TRẮC NGHIỆM TIẾNG ANH LỚP 9 THEO TỪNG UNIT

UNIT 7: RECIPES AND EATING HABITS

Bài 1. Read the text and decide T (true)/ F (false) for each statement.

FOOD OF TYPICAL WET RICE COUNTRY

Vietnamese sometime wonder how westerners can eat bread days after days but the vice-versa also holds water. Most tourists coming to Vietnam are amazed at the omni-presence of rice and rice-related dishes.

Rice is an object for worshipping in many temples of Vietnam. It is said to originate from the Mother Goddess Worshipping, the most long-standing belief in Vietnam. Yes rice is a big thing out here. The very first written characters constituting the word “Happiness” in ancient Vietnamese is the image of many rice plants and a square symbolizing a paddy field. Rice is not only happiness, it really forms Vietnamese.

Accordingly, many main dishes and snacks in Vietnam are made from rice: boiled rice in daily meal, rice porridge, steamed rice, glutinous rice cake, well-known Banh Chung (square cake) and uncountable made-from rice dishes from every region in Vietnam.

Even the universal Pho that you definitely hear about is made from rice as well. Rice is the center of everything, like a sun lying in the center of the whole solar planet.

Considering rice important, Vietnamese has been always developing their farming method and new rice genres. Many Vietnam rice varieties exported to all over the world are renowned for their distinctive flavor, yet only when coming to Vietnam and have boiled rice with soya sauce pickled egg-plants, your adventure to Vietnam is considered perfect.

Question 1: Few tourists coming to Vietnam are amazed at the omni-presence of rice and rice-related dishes



A. True

B. False

Question 2: Rice is an object for worshipping in many temples of Vietnam.

A. True

B. False

Question 3: Few main dishes and snacks in Vietnam are made from rice.

A. True

B. False

Question 4: Pho is one of the most popular dishes made from rice.

A. True

B. False

Question 5: Vietnamese rice is exported to lots of countries in the world.

A. True

B. False

Bài 2. Read the article, and choose the correct answer A, B, C or D for each question.

Simple Ways to Lose Weight on a Budget

Plan to Cook at Home



Instead of buying costly prepared meals, which often tend to be high in calories, cook your own at home. Plan out your meals with high-fiber foods like beans and whole grains which will keep you full and are a cheaper, healthier alternative to rich proteins and more processed grains.

Eat Less

Eating less leads to weight loss, and cost savings, especially if you cut down on the right things. Start by cutting your portions of pricy meat and poultry. Double Up on Vegetables

Vegetables are great for weight loss, as well as all-around health. They are low in calories and high in water and fiber - two things that keep you feeling full. Save cash by shopping for those that are in season. Frozen vegetables can be a great bargain, with just as much nutrition as fresh, since they are picked and frozen at their peak ripeness.

Get Creative with Your Exercise Options

You don't need to shell out a monthly gym fee to get moving. Instead, find fun activities you enjoy for free. If you're just getting started with a regular exercise routine, try your beginning with daily walks: start slowly and build up time and speed.

Make Friends with Someone

One of the most powerful resources you have for helping you lose weight is your social network. Find a friend who is also trying to lose weight and agree to help each other stay motivated. One study found that when friends participated in a group weight-loss programme together, they lost more weight than people who did the same programme on their own.

Question 6: The advantage of cooking at home is

A.to have food that is high in calories



B.to enjoy a variety of rich proteins and more processed grains

C. to plan out your costly prepared meals

D. to choose foods that keep you full and is cheaper

Question 7: In order to cut down on your daily calories, you should do all the following things EXCEPT

A.follow vegetarian diets for your meals

B.eat less meat and poultry

C. eat more beans, lentils, tofu and eggs

D. cut down on animal proteins for some of your meals

Question 8: All of the following are true about vegetables EXCEPT that

A.vegetables can keep you feeling full

B.they help you lose weight effectively

C. frozen vegetables are not good for your health

D. you feel healthier and save money with fresh vegetables in season

Question 9: We can infer from the article that

A.you should join in a social network instead of going to a gym

B.a partner can make you feel more motivated in losing weight

C. you should find fun activities at the gym and follow them

D. joining a programme you can lose more weight than your partner



Question 10: The phrase “shell out” is closest in meaning to.....

- A. become more interested in something
- B. pay money for something
- C. peel something out
- D. take someone out of a shell

Bài 3. Read the passage, and choose the correct answer A, B, C or D for each question.

Insects on the Menu

Humans have a long history of eating insects, and it turns out that they can be a very nutritious part of a person’s regular diet. Insects have a lot of protein, and they are often easier to catch than prey animals. Therefore, it is no wonder that when our ancient ancestors saw some tasty worms or grubs wiggling on the ground, they made a quick snack of them.

In Thailand, insects are a regular part of the street food that can be found. The different insects that people snack on are crickets, grasshoppers, giant water bugs, and assorted worms. They are often deep-fried and salted, so they have a crunchy texture that makes them a perfect snack food. If you can get past the fact that you are eating a cricket, it will crunch in your mouth just like a corn chip!

For a lot of people, however, it is difficult to get over the fear of eating insects. People tend to see insects as invaders, especially when they are crawling on the food that we are about to eat. Therefore, being able to eat insects without feeling disgusted is cultural. Some people cannot eat French cheese or stinky tofu because they weren’t brought up doing so. To many of us, insects fall right into that category, making it difficult to even try them.



If given the chance, though, be courageous. Insects can be nutritious and tasty, so long as you can get over the “yuck” factor.

Question 11: Which is the reason given for gathering and eating insects?

- A. They are very easy to find close to the home.
- B. They are more nutritious than most vegetables.
- C. They come in all shapes and sizes.
- D. They are easier to catch than other prey animals.

Question 12: Why are deep-fried insects considered a perfect snack food?

- A. Because they taste exactly like corn chips.
- B. Because they don't fill you up.
- C. Because they have a crunchy texture.
- D. Because they are not expensive.

Question 13: Which insects are not mentioned in the passage?

- A. water bugs
- B. grasshoppers
- C. beetles
- D. crickets

Question 14: Where are insects a regular part of the street food?

- A. France



B Thailand

C. Britain

D. All of the above

Question 15: What advice is given in the passage?

A. Be courageous

B. Eat very cautiously

C. Try eating worms first

D. Always cook your insects

Đáp án

1 - A	2 - A	3 - B	4 - A	5 - A
6 - D	7 - B	8 - C	9 - B	10 - C
11 - D	12 - A	13 - C	14 - D	15 - A

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