



Multiple Choice

1. What is one reason people eat out more often now?

- o A) They dislike food
- o B) They have busy schedules
- o C) Restaurants are closing
- o D) Cooking is cheaper

b

2. What is a potential health risk of eating too much fast food?

- o A) Improved memory
- o B) Obesity
- o C) Better sleep
- o D) Lower stress

B

3. How have food delivery apps changed eating habits?

- o A) They make it harder to find food
- o B) They encourage people to cook more
- o C) They make ordering food easier
- o D) They only deliver groceries

C

4. What is becoming less common, especially among younger people?

- o A) Eating together at home
- o B) Eating fast food
- o C) Watching cooking shows
- o D) Buying organic products

A

5. What are supermarkets offering more of now?

- o A) Fast food
- o B) Organic products
- o C) Candy
- o D) Frozen pizza

B

6. Why do some people enjoy cooking at home?

- o A) It is always faster
- o B) It is a way to relax and spend time with loved ones
- o C) It is more expensive
- o D) They dislike restaurants

B

7. What has inspired many people to try new dishes at home?

- o A) Food delivery apps
- o B) Cooking shows and online recipes
- o C) Fast food advertisements
- o D) Supermarket discounts

B

8. What is the main idea of the passage?

- o A) Fast food is the best choice
- o B) Eating habits are changing and people are seeking balance
- o C) Only young people eat out

B





9. What is a growing trend in eating habits?

- o A) Ignoring nutrition
- o B) Eating only at home
- o C) Interest in healthy eating
- o D) Avoiding vegetables

C

10. What is the most important thing according to the passage?

- o A) Eating only fast food
- o B) Finding a balance that works for lifestyle and health
- o C) Cooking every meal
- o D) Eating alone

B

Fill in the Blank

11. Many people have _____ schedules and find it difficult to cook every day.

12. Nutritionists warn that eating too much _____ food can lead to health problems.

13. Food delivery _____ have made it easier for people to order food.

14. Cooking can be a way to _____ and spend time with loved ones.

15. Supermarkets offer a wide range of _____ products.

16. Vegetarian and _____ options are becoming more popular.

17. Some families still try to eat _____ at home.

18. Cooking shows and _____ recipes have inspired people to try new dishes.

19. Eating habits are constantly _____.

20. The passage suggests finding a _____ between convenience and health.

busy

fast

applications

relax

organic

vegan

with their families

online

evolving

balance

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Sentence Arrangement

Arrange the following sentences in the correct order according to the passage:

- (A) Food delivery apps have made ordering food easier than ever.
- (B) Many people now have busy schedules and eat out more often.
- (C) Eating habits have changed significantly over the past few decades.
- (D) There is a growing interest in healthy eating and organic products.

Write the correct order (e.g., C, B, A, D):

C,B,A,D

25. (_____)

Section 2: Grammar

Choose the correct answer or fill in the blank.

Simple Present and Present Continuous

26. She _____ (eat) dinner at home every night





26. She _____ (eat) dinner at home every night.

- o A) eat
- o B) eats
- o C) eating
- o D) eaten

B

27. Right now, they _____ (cook) pasta in the kitchen.

- o A) cooks
- o B) cooking
- o C) are cooking
- o D) cooked

C

28. I _____ (not like) fast food.

- o A) am not liking
- o B) does not like
- o C) do not like
- o D) liking

C

29. We _____ (go) to the restaurant every Friday.

- o A) goes
- o B) going

C

- o C) go
- o D) gone

30. She _____ (watch) a cooking show at the moment.

- o A) watches
- o B) is watching
- o C) watch
- o D) watched

A

Action and Nonaction Verbs

31. I _____ (know) the answer.

- o A) am knowing
- o B) know
- o C) knowing
- o D) knows

B

32. He _____ (think) about becoming a chef.

- o A) thinks
- o B) is thinking
- o C) thinking
- o D) thought

A

Future Forms

33. I _____ (visit) my grandparents next weekend.





33. I _____ (visit) my grandparents next weekend.

- o A) visit
- o B) am going to visit
- o C) visits
- o D) visiting

B

34. She _____ (not eat) out tomorrow.

- o A) will not eat
- o B) is not eat
- o C) does not eat
- o D) eating

A

35. They _____ (be) late if they don't leave now.

- o A) will be

A

- o B) are being
- o C) was
- o D) be

Present Perfect and Simple Past

36. I _____ (never/try) sushi before.

- o A) never tried
- o B) have never tried
- o C) am never trying
- o D) never try

A

37. She _____ (spend) a lot of money yesterday.

- o A) has spent
- o B) spends
- o C) spent
- o D) spending

A

38. They _____ (already/finish) their homework.

- o A) already finished
- o B) have already finished
- o C) finish already
- o D) finishing

B

Present Perfect + For/Since, Present Perfect Continuous

39. He _____ (live) in this city for five years.

- o A) lived
- o B) has lived
- o C) is living
- o D) lives

B

40. We _____ (study) English since last year.





40. We _____ (study) English since last year.

- A) study
- B) are studying
- C) have been studying
- D) studies

C

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Section 3: Vocabulary

Choose the correct word or fill in the blank.

41. Which word means "food you buy and eat quickly"?

- A) Organic food
- B) Fast food
- C) Home-cooked food
- D) Vegan food

B

42. What is a common adjective for someone who always tells the truth?

- A) Shy
- B) Honest
- C) Funny
- D) Lazy

B

43. Which word describes someone who is very tired?

- A) Excited
- B) Amazed
- C) Exhausted
- D) Bored

C

44. What is a word for "money you use to buy things"?

- A) Time
- B) Money
- C) Food
- D) Family

B

45. Which adjective describes someone who likes to meet new people?

- A) Outgoing
- B) Quiet
- C) Serious
- D) Nervous

A

46. The opposite of "cheap" is _____.

expensive

47. A person who never lies is _____.

honest

48. If you are _____ about something, you find it very surprising.

inspiring

49. Vegetarians do not eat _____.

animal products

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