

Homework and Quiz Review

Section 1: Reading Comprehension

Read the passage below and answer the questions that follow.

Passage

Eating habits have changed significantly over the past few decades. In the past, most people ate at home with their families, and meals were often prepared from fresh ingredients. Nowadays, many people have busy schedules and find it difficult to cook every day. As a result, eating out and ordering takeout has become much more common, especially in big cities.

Restaurants and cafes offer a wide variety of foods, from traditional dishes to international cuisine. Fast food is particularly popular because it is convenient and usually inexpensive. However, nutritionists warn that eating too much fast food can lead to health problems such as obesity and heart disease. Despite these warnings, many people continue to choose fast food because it saves time and fits their busy lifestyles.

Another significant change is the rise of food delivery apps. With just a few taps on a smartphone, people can order almost any kind of food and have it delivered to their door. This has made it even easier for people to avoid cooking. Some families still try to eat together at home, but it is becoming less common, especially among younger people.

Interestingly, there is also a growing interest in healthy eating. Many people are now more aware of the importance of a balanced diet. Supermarkets offer a wide range of organic products, and vegetarian and vegan options are becoming increasingly popular. Some people enjoy cooking as a way to relax and spend time with loved ones. Cooking shows and online recipes have inspired many to try new dishes at home.

In conclusion, eating habits are constantly evolving. While convenience and speed are important for many people, there is also a movement towards healthier and more mindful eating. Whether people choose to eat out, order in, or cook at home, the most important thing is to find a balance that works for their lifestyle and health.

Questions

Multiple Choice

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

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

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

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

3. How have food delivery apps changed eating habits?

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

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

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

5. What are supermarkets offering more of now?

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

6. Why do some people enjoy cooking at home?

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

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

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

8. What is the main idea of the passage?

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

9. What is a growing trend in eating habits?

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

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

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

Fill in the Blank

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

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

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

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

15. Supermarkets offer a wide range of organic products.

16. Vegetarian and vegan options are becoming more popular.

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

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

19. Eating habits are constantly evolving.

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

balance

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):

25. (C , B , A , D)

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.

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

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

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

28. I _____ (not like) fast food.

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

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

- ☒ A) goes
- B) going

- C) go
- D) gone

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

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

Action and Nonaction Verbs

31. I _____ (know) the answer.

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

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

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

Future Forms

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

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

34. She _____ (not eat) out tomorrow.

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

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

- ☒ A) will be

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

Present Perfect and Simple Past

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

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

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

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

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

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

Present Perfect + For/Since, Present Perfect Continuous

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

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

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

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

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

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

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

43. Which word describes someone who is very tired?

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

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

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

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

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

46. The opposite of "cheap" is expensive.

47. A person who never lies is honest.

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

49. Vegetarians do not eat meat.

50. The word "personality" refers to someone's character.
