**Контрольная работа 8 класс «Здоровый образ жизни»**

1. **Read the text and do tasks. (прочитайте текст и выполните задания)**

**American Food and Drink**  
What is “American” food? The answer is that it is part Italian, part British, part German, part Mexican, part Chinese…  
When people from other countries came to live in the US, they brought different cooking traditions. Some of them opened restaurants.  
Today Americans enjoy food from all over the world. Over the years some foreign dishes changed a little.  
Doughnuts were originally from Holland. In 1847 a young American boy told his mother that her doughnuts were never cooked in the middle. He cut out the centre and his mother cooked them — and they were very tasty!   
Maybe the US is most famous for “fast foods”. The first fast food restaurants served hamburgers, but now they serve other kinds of food too. Inside there is often a “salad bar”, where you can help yourself to as much salad as you want.  
Americans eat a lot, and when they go to a restaurant, they don’t expect to be hungry afterwards. Most restaurants will put a lot of food on your plate — sometimes it can be too much. But if you can’t finish it all, don’t worry: they will give you a “doggy bag” and you can take it home.   
Most Americans now have a light breakfast instead of the traditional eggs, bacon, toast, orange juice and coffee. But on weekends there is more time, and a large late breakfast or early lunch is often eaten with family or friends.

1. **Read the text and decide if the statements are true (+) or false (-).**
2. “American” food it is only part Italian food.
3. When people from other countries came to live in the US, they brought different cooking traditions.
4. Today Americans enjoy their own food.
5. Doughnuts were originally from Italy.
6. Maybe the US is most famous for doughnuts.
7. The first fast food restaurants served hamburgers and salad.
8. Americans don’t eat a lot, and when they go to a restaurant, they don’t expect to be hungry afterwards.
9. Most Americans now have a light breakfast instead of the traditional eggs, bacon, toast, orange juice and coffee.
10. On weekends there is more time for eating food.
11. A large late breakfast or early lunch is often eaten with family or friends on weekends.
12. **Choose the correct answer to complete the sentences. (Дополните предложение)**  
      
    **1.**“American” food is that it is part Italian, part British, part German, part Mexican, part\_\_\_\_\_\_\_\_\_\_\_\_\_.  
    a). Ukrainian b). Russian c). Chinese  
    **2.**People from other countries came to US and some of them opened \_\_\_\_\_\_\_\_\_\_\_\_\_.  
    a). restaurants b). cafes c). banks  
    **3.**Today Americans enjoy food from \_\_\_\_\_\_\_\_\_\_\_\_\_\_.  
    a). Ukraine b). all over the world c). Italy  
    **4.** Doughnuts were originally from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.  
    a). Holland b). Britain c). Poland  
    **5.** In \_\_\_\_\_\_\_\_\_\_\_\_ a young American boy told his mother that her doughnuts were never cooked in the middle.  
    a). 1956 b). 1847 c). 1745  
    **6.** The US is most famous for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.  
    a). healthy food b). bad food c). “fast food”.  
    **7.** The first fast food restaurants served \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.  
    a). hamburgers b). hot dogs c). cheeseburgers   
    **8.** Americans \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.  
    a). don’t eat a lot b). eat a lot c). eat all day long   
    **9.** If you can’t finish your food, don’t worry: restaurants will give you a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and you can take it home.   
    a). “petty bag” b). “catty bag” c). “doggy bag”  
    **10.** Most Americans now have a \_\_\_\_\_\_\_\_\_\_\_ breakfast instead of the traditional eggs, bacon, toast, orange juice and coffee.  
    a). light b). heavy c). healthy

**V. Fill in: obesity, healthy lifestyle, fast food, banned, limit. (Вставьте пропущенные слова)**

* 1. \_\_\_\_\_ \_\_\_\_\_ is very harmful for your health. 2. If you want to be healthy you should follow \_\_\_\_ \_\_\_\_ . 3. Junk food should be \_\_\_\_\_ at school. 4. \_\_\_\_\_ your TV and computer time. 5. \_\_\_\_\_\_ is a bad habit.