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B2 MULTIPLE CHOICE:
EATING OUT

Fill in the gaps in the text with the correct option (A-D). Only one answer may be possible.

Secrets to eating out healthily

Here's some food for thought: A typical restaurant meal contains ____ (1) than 1,100 calories. If you're like the average American, you eat ____ (2) five times a week—which could wreak havoc on your ____ (3). But before you vow to brown-bag it forever, know that it doesn't have to be this way. Food economists and consumer behaviour experts have ____ (4) studying the habits of restaurant-goers to identify ____ (5) some leave happily satisfied and others fall into a food coma. They've learned ____ (6) menu choices may have as much to do with where you're sitting as what you're craving. A host of factors, from the room's lighting to the height of your table can encourage you to make more nutritious decisions. Here's how to set yourself up to enjoy a waist-friendly meal to the fullest. Research shows that when we eat ____ (7) large groups, we tend to order similar types of food: Everyone opts for a salad, say, or most of the table indulges in burgers. Food economists from Oklahoma State University found that diners who caved to this subtle peer pressure also tended to be happier ____ (8) their choice. Looking for dinner dates? In Complete your guest list with a few friends more likely to get a side of salad than fries.

Choose the best word from the following options:

- | | | | | |
|----|---------|----------|----------|-----------|
| 1. | A. more | B. about | C. much | D. less |
| 2. | A. up | B. out | C. food | D. on |
| 3. | A. food | B. life | C. diet | D. habit |
| 4. | A. have | B. had | C. being | D. been |
| 5. | A. what | B. when | C. why | D. where |
| 6. | A. that | B. which | C. if | D. whose |
| 7. | A. at | B. on | C. in | D. around |
| 8. | A. to | B. for | C. with | D. in |

Answers:

1. A
2. B
3. C
4. D
5. C
6. A
7. C
8. C