

B1 Exam: Healthy Eating on a Budget

B1 Level • Healthy Eating on a Budget • 30 Questions • 45 Minutes

Name: _____ Date: _____

Choose the correct answer (A, B, C or D) for each question. Circle your answer or write the letter in the space provided.

1. **If you ___ more fruit, you would feel healthier.**
A) eat B) ate C) have eaten D) eating
2. **She told me that she ___ a vegetarian for two years.**
A) is B) was C) had been D) has been
3. **Fresh vegetables ___ at the local market every Saturday.**
A) sell B) are sold C) is sold D) sold
4. **My parents suggested ___ a weekly meal plan to save money.**
A) to make B) make C) making D) made
5. **She asked me ___ I wanted to try the new salad bar.**
A) that B) what C) if D) do
6. **Organic food is ___ than regular food, but many people think it tastes better.**
A) expensiver B) more expensive C) most expensive D) the expensive
7. **This is the ___ meal I have ever cooked!**
A) deliciouser B) most delicious C) more delicious D) deliciousest
8. **You ___ eat too much sugar. It is bad for your teeth.**
A) should B) shouldn't C) must D) can
9. **If I had known about the discount, I ___ more vegetables.**
A) will buy B) would buy C) would have bought D) bought
10. **Meal prepping ___ you a lot of time during the week.**
A) save B) saves C) saving D) is save
11. **He ___ to eat junk food every day, but now he eats healthy meals.**
A) use B) used C) is used D) uses
12. **A balanced diet ___ by doctors for people of all ages.**
A) recommends B) recommended C) is recommended D) recommending
13. **You should avoid ___ fizzy drinks if you want to stay healthy.**
A) drink B) to drink C) drinking D) drank
14. **If we buy in bulk, we ___ a lot of money.**
A) save B) will save C) would save D) saved

15. She said that water ____ the best drink for our health.
A) is B) was C) has been D) were
16. Eating too much fast food is not as ____ as cooking at home.
A) healthy B) healthier C) healthiest D) the healthy
17. They have been growing their own vegetables ____ last spring.
A) for B) since C) from D) during
18. The teacher asked the students ____ they brought a packed lunch.
A) that B) do C) if D) what
19. I wish I ____ so much junk food at the party last night.
A) didn't eat B) don't eat C) hadn't eaten D) haven't eaten
20. Frozen fruit is ____ expensive than fresh fruit in winter.
A) least B) less C) fewer D) little
21. If you ____ breakfast, you will feel tired by lunchtime.
A) skip B) skipped C) will skip D) skipping
22. A new healthy-eating programme ____ by the school next month.
A) will launch B) will be launched C) is launching D) launches
23. Think about ____ your own snacks instead of buying them.
A) prepare B) to prepare C) preparing D) prepared
24. Brown rice is much ____ for you than white rice.
A) good B) better C) best D) gooder
25. She ____ eating meat three years ago and became a vegetarian.
A) stops B) is stopping C) stopped D) has stopped
26. He told his friend that he ____ to cook a healthy dinner that evening.
A) goes B) is going C) was going D) will go
27. There aren't ____ fresh tomatoes left. We need to buy more.
A) much B) some C) many D) a lot
28. If more people ____ about nutrition, there would be fewer health problems.
A) know B) knew C) had known D) will know
29. The students were asked ____ a poster about healthy eating.
A) design B) designing C) to design D) designed
30. Protein is one of the ____ important nutrients your body needs.
A) more B) much C) many D) most

ANSWER KEY

No	Answer	Correct Option	No	Answer	Correct Option	No	Answer	Correct Option
1	B	ate	11	B	used	21	A	skip
2	C	had been	12	C	is recommended	22	B	will be launched
3	B	are sold	13	C	drinking	23	C	preparing
4	C	making	14	B	will save	24	B	better
5	C	if	15	B	was	25	C	stopped
6	B	more expensive	16	A	healthy	26	C	was going
7	B	most delicious	17	B	since	27	C	many
8	B	shouldn't	18	C	if	28	B	knew
9	C	would have bought	19	C	hadn't eaten	29	C	to design
10	B	saves	20	B	less	30	D	most