

NAME/SURNAME: _____ CLASS/NUMBER: _____ SCORE : _____ / 100

READING (20 pts)

Why eating slowly is good

People who are overweight (too fat) can have a lot of health problems, from headaches to low energy. It can also be hard for them to do enough exercise. Scientists all over Europe are particularly worried about the increasing number of young people who are overweight or obese. Now, British scientists have invented a new machine which they hope will help young people to lose weight. The machine, called the Mandometer, has a small computer inside it and it can talk to users. During meal times, users put their plate on the machine and it calculates the weight of the food. When they start eating, it continues to measure the weight. Then it tells them if they are eating too quickly. Nutritionists know that people who eat too fast often put on weight. Why? Normally, when the stomach is full, it sends a message to the brain to tell it to stop eating. When you eat too fast this message doesn't go to the brain correctly so you eat too much. Experts hope that this machine can help people develop better eating habits.

In a recent experiment in Britain, 106 overweight children and teenagers used the Mandometer to help them learn to eat more slowly. As a result, they ate meals that were 7% smaller and started to lose weight.

Eating more slowly isn't just good for overweight people, it's good for everyone because the body digests food better. Try these tips for eating more slowly. Put a small amount of food in your mouth each time and chew well. When you feel full, stop eating. Don't eat in front of the TV. When people watch TV while they are eating, they eat more quickly. Finally, try to sit at a table and eat as a family because when people eat alone, they eat more quickly.

A- Read the article about eating. Answer the following questions. (14 pts)

- | | | |
|--|---|--|
| <p>1. If people are overweight, they
 a may not have much energy.
 b usually do enough exercise.
 c never have headaches.</p> <p>2. ... have developed a machine to help people lose weight.
 a Scientists all over Europe
 b British scientists
 c British and European scientists</p> <p>3. The Mandometer
 a measures your weight before you start eating.
 b calculates how much food you should eat in each meal.
 c tells you if you are eating your food too fast.</p> | <p>4. When you eat too fast,
 a you send a message to your brain.
 b you don't know when to stop eating.
 c your stomach never gets full.</p> <p>5. In an experiment in Britain, the young people
 a didn't lose any weight.
 b ate meals that were the same size.
 c learned not to eat so fast.</p> <p>6. Eating slowly
 a is only good for overweight people.
 b is healthier for everyone.
 c doesn't affect how you digest food.</p> <p>7. To help you eat more slowly you should
 a eat small mouthfuls.
 b watch television.
 c eat alone.</p> | <p>1 _____</p> <p>2 _____</p> <p>3 _____</p> <p>4 _____</p> <p>5 _____</p> <p>6 _____</p> <p>7 _____</p> |
|--|---|--|

B- Match the definitions with the underlined words. (6 pts)

1. A scientific test that is done in order to get proof of something or to get new knowledge. _____
2. To break up food in your mouth with your teeth. _____
3. To change food in your stomach so that it can be used by the body. _____
4. A person who has a lot of special knowledge or skill. _____
5. To become or make something larger in number or amount. _____
6. To find out something by using mathematics. _____

GRAMMAR (42 pts)

C- Underline the correct form. (12 pts)

1. I think / am thinking you should sell your car. You don't use it very often.
2. Jake tries / is trying to get fit for the athletic competition next month.
3. This sauce is great. It tastes / is tasting really good.
4. Helen doesn't work / isn't working tomorrow, so we're meeting for lunch.
5. Clare buys a lot of takeaways, but I prefer / I'm preferring home-made food
6. The bus arrives / is arriving in Liverpool at 7.30.