

Reading Comprehension

1. Read the following text and then answer the questions below (2x5=10p)

Diet doubts

Every time I open a newspaper, there's another article about changing the way we eat. First we were told it should be the Mediterranean **diet**, with its **emphasis** on tomatoes, olive oil and fish. I love all these foods so I really thought the Mediterranean diet was the one for me. Then I read that the Japanese diet would be even better, especially if I wanted to lose weight. Rice, seaweed, soya bean products and fish are the key **ingredients** here. I think sushi is delicious so the Japanese diet sounded like a good idea.

Then I read an article about something called the Caveman diet. This time it's meat that is the most important food, but our **ancestors** also ate eggs, fish and seafood. They enjoyed eating fruit and vegetables too, so that's good news. The trouble is, if I decide to eat like a caveman, I'll have to give up all **processed** foods like chocolate and crisps. And I love them!

Believe it or not, there really is a chocolate and crisps diet, but it can't be very healthy unless you eat other foods as well. Anyway, you're actually more likely to lose weight if you do eat chocolate and crisps apparently, but not too often. Maybe I can keep eating them after all.

Mediterranean, Japanese or Caveman? They all sound healthy, **nutritious** and quite tasty but what really matters is variety. There are too many things you are not allowed to eat on these diets. I think we should have a little of all the things we love.

- For each question, choose the correct answer:

1) Why does the writer decide not to follow the Mediterranean diet?

- A. He doesn't particularly like olive oil.
- B. He doesn't think it's very healthy
- C. He found out about another diet.
- D. He wanted to lose some weight.

2) What problem does the writer have with the Caveman diet?

- A. The range of foods you have to eat.
- B. The types of food you can't eat.
- C. The amount of meat in it.
- D. The lack of fruit in it.

3) What does the writer say about eating crisps and chocolate?

- A. He is surprised such an unhealthy diet exists.
- B. He wouldn't try it because he wants to give up chocolate.
- C. He thinks it would be really good if you could also eat biscuits and ice cream.
- D. He is planning to try it by eating small amounts of crisps and chocolate.

4) What is the writer's opinion about special diets?

- A. They can be unexpectedly bad for us.
- B. They don't usually include food people want to eat.
- C. They offer lots of different options to choose from.
- D. They stop people eating a range of food.

5) What would be the best summary of this text?

- A. We get lots of useful information about diets. However, we should also eat what we enjoy.
- B. We should eat to stay healthy rather than following a special diet.
- C. We should go back to eating a traditional diet and give up processed foods.
- D. We shouldn't worry about trying to eat like our ancestors. Times have changed.