

READING COMPREHENSION

A. Choose the best answer for each question.

GIST

1. What is the reading mainly about?

- our addiction to sugar
- illnesses caused by sugar
- ways to avoid sugar

VOCABULARY

2. In paragraph B, the word *culprit* is closest in meaning to ____.

- disease
- sweet food
- cause of the problem

REFERENCE

3. In paragraph C, what does the phrase *the very thing* refer to?

- the amount of sugar in our food
- having enough food to survive
- our ability to store sugar as fat

DETAIL

4. According to the passage, why is it so hard to avoid sugar?

- It gives us needed energy.
- It's in so many foods and drinks.
- We get used to eating it at school.

DETAIL

5. Which of the following statements about sugar is NOT true?

- Our bodies are able to store sugar as fat.
- We need very little sugar to survive.
- Early humans ate more sugar than we do today.



► Macarons are colorful sugary cookies.

SCANNING

B. Write short answers to the questions below. Use one to three words from the passage for each answer.

1. What disease do a third of adults in the world suffer from?

2. Why do some manufacturers add sugar to low-fat foods?

3. What are many schools replacing sugary desserts with?
