PASSAGE 20

Tra ID Đề [5908] - Tra ID Video [5909]

Decide whether the statements from 1 to 4 are True of False and choose the correct answer (A, B, C or D) for Question 5 and 6.

The internet is full of health advice. Some advice is actually harmful. Let's find out the truth behind the popular health myths below.

You need to detox your body.

From not eating to only drinking juice, these detox diets can be harmful because you won't get enough calories and nutrients. The truth is, we have organs that detox our bodies. Doctors suggest eating a healthy diet and drinking enough water to help your organs stay strong.

Fat-free diets are healthy.

Your body needs fat to protect its organs, and fat helps you get the benefits from some vitamins. Fat also helps you feel full for longer. Of course, too much fat is also bad. The WHO (World Health Organization) suggests getting less than 30% of your calories from fat.

You shouldn't use products that have chemicals.

Your food and your body are mostly chemicals. Some people suggest using natural products, but they are also full of chemicals. There are good and bad chemicals. Experts suggest learning which chemicals are safe and how to protect yourself. So, be careful of what you read online. Knowing which health tips are myths is key to healthy living.

Question 1: We should eat lots of fruit and vegetables to keep our bodies strong.

Question 2: Fat doesn’t help your organs stay healthy.

Question 3: We shouldn’t eat anything that contains more than 30% fat.

Question 4: Products that are natural are also full of chemicals.

Question 5: According to the passage, our organs _____.

A. is detoxed by our body.
B. consume water the most in our body.
C. need fat to stay safe.
D. is full of bad chemicals.

Question 6: All of following statements are mentioned EXCEPT _____.

A. We are recommended to study about good and bad chemicals in our body.

B. If you detox your body, you will receive no nutrients and calories.

C. Thanks to fat, we feel full longer.

D. Natural products contain both good and bad chemicals.

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