

READING 2 (Items 5–10)**(6 marks)***Read the text. Then complete the task.*

Let's face it. Fast food is convenient, cheap, and tasty. That's why billions of people have eaten it and that's why those billions will continue to eat it. The truth is, fast food restaurants are destroying us. We eat fast food with no regard to the harm it does to us; and our society. It's addicting too, your brain sends the message saying it wants more and more. To how many people has this happened? One day they're healthy and fit; a year later they're sick and overweight. Go on a walk and look around you. How many people do you see that are overweight or obese ? Chances are 9 out of 10 of those people regularly eat fast food. The reality is, our bodies need nutrients from stuff like fruits and vegetables. We need lots of whole grain in our diet. The bun of a fast food burger isn't whole grain. It's made using only one part of the grain, and it's not the nutrient part. Then if we're still talking about burgers here, we come to the meat part. The beef comes from cows slaughtered and torn apart by dirty machines. Cleanliness is not a factor here. We are all independent people. We have the right to make our own decisions. I've decided not to give my money to fast food companies. No one has to do that, but I seriously believe that if more people start making good decisions, the world will be a better place.

READING 2 (continued)

For each item, shade in the bubble next to the correct option.

5. According to the text, people prefer fast food because of its _____.
- benefits high price taste
6. According to the text, fast food is _____.
- healthy unhealthy costly
7. Fast food makes people sick and _____.
- happy strong overweight
8. The texts shows that _____ of the people are eating fast food.
- half less than half more than half

The writer believes that the meat of the fast food is not healthy

9. because of _____ machines.
- clean dirty old
10. According to the writer, people themselves need to _____ to stop or continue eating fast food
- choose bring sort