GRADE 9 – UNIT 4 – READING 2

II. Read the text carefully, then do the tasks.

Changes in Food Habits

Before Stone Age, people used to eat fruits, leaves and anything they found from the forest. However, this habit changed into hunting animals, preserving food items and planting and growing vegetables, which eventually led into farming different crops like maize, corn, and rice. People were healthy, they rarely had diseases and never needed extra exercise because their daily work kept their bodies running.

At present, we have turned the agriculture into a mass scale production, including machinery,technology and pesticides, all of which came in with the green revolution. With green revolution agriculture and the traditional farming culture turned upside down. As far nor now, farmers who are able to cope up with the multinational cooperation's and their large-scale, expensive products, pesticides and high-yielding varieties of seeds, keepproducing crops for the market. Yet the traditional, low-income farmers even today, especially in Asian countries, are in a dire state.

Fast food is another major factor in modern food habits. Although many people find it convenient, it leads to many health conditions. Today people are unhealthy, needs medicine and functions on diets and exercise machines.

A. Decide whether the following sentences are true (T) or false (F).

1. People in the past ate healthy food so they rarely had diseases.
2. The green revolution is the decrease in agriculture production.
3. The green revolution caused agriculture to change completely.
4. Farmers nowadays can't meet the great demand of the food market.
5. Fast food is convenient but it's not good for health.

B. Answer the following questions.

6. In the past, why didn't people need extra exercise?

_____

7. Who is still in the serious situation despite the development in agriculture?

_____

8. How are people nowadays compared to those in the past?

_____

LIVEWORKSHEETS