READING COMPREHENSION

A. Choose the best answer for each question.

GIST **1.** What is the reading mainly about?

a. our addiction to sugar
b. illnesses caused by sugar
c. ways to avoid sugar

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

a. disease
b. sweet food
c. cause of the problem

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

a. the amount of sugar in our food
b. having enough food to survive
c. our ability to store sugar as fat

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

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

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

a. Our bodies are able to store sugar as fat.
b. We need very little sugar to survive.
c. 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?

_____

LIVEWORKSHEETS