Reading

The Taste of Personality



Read the text and match 1-6 to (A-H). There are 2 extra options you don't need to use.

1. _____ **Spicy Food Lovers**

If you love fiery dishes, you're likely bold, adventurous, and the type of person who thrives on challenges. Many cultures, from India's aromatic curries to Mexico's vibrant salsas, embrace spice as a way of life—not just for the flavor, but for its surprising benefits. People often say that spicy food helps them stay cool in hot climates by triggering sweat, which lowers body temperature. The secret lies in capsaicin, the chemical responsible for the heat. It tricks your brain into thinking your mouth is on fire, which not only releases feel-good hormones like endorphins but also keeps you coming back for more. Over time, your tolerance builds, pushing you to seek hotter and bolder flavors—just like your appetite for adventure grows with every new thrill you embrace.

2. _____ **Sweet Tooth Enthusiasts**

If desserts are your guilty pleasure, you're likely warm, cheerful, and the kind of person who finds joy in life's small moments. Sweets hold a special place in cultures worldwide—think France's delicate macarons or Turkey's syrupy baklava, both of which symbolize celebration and happiness. But your craving for sugary treats isn't just about the taste. From an evolutionary perspective, humans are hardwired to seek sweet foods for quick energy, a habit passed down from our early ancestors. Interestingly, sugar can also trigger the release of dopamine, a feel-good chemical, giving you an instant mood boost. For you, a slice of chocolate cake isn't just a treat—it's a moment of pure joy, shared or savored.

3. _____ **Savory Snacks Fans**

If you're drawn to chips, crackers, or roasted nuts, you're probably practical, grounded, and someone who enjoys life's simple pleasures. Across the globe, salty snacks are often linked to traditions—like Japan's soy-sauce-glazed rice crackers, paired with tea to encourage mindfulness and balance. Scientifically, your love for salty snacks could reflect your body's need for sodium, an essential mineral that helps regulate hydration and muscle function. But what sets you apart is your ability to find excitement in subtle surprises. Whether it's trying salted caramel for the first time or sprinkling a dash of sea salt on dark chocolate, you know how to add just the right amount of spice to keep things interesting.

4. _____ **Health-Conscious Eaters**

If your plate is filled with salads, smoothies, and superfoods, you're likely disciplined, forward-thinking, and someone who thrives on balance. Health-conscious eating has deep roots in cultures like the Mediterranean, where meals revolve around fresh produce, olive oil, and fish, all known for promoting longevity. But there's more to your healthy habits than meets the eye. The fiber-rich fruits and vegetables you love don't just aid digestion—they also feed the gut microbiome, the "friendly bacteria" that influence mood and immunity. Yet, even you know the joy of indulgence, because nothing highlights your balance better than the occasional slice of pizza or a shared dessert with friends.

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5. _____ **Fast Food Devotees**

If burgers, fries, or pizza light up your world, you're probably fun-loving, spontaneous, and the kind of person who enjoys the here and now. Fast food is more than convenience—it's a global phenomenon. Chains like McDonald's have adapted to local tastes, offering unique dishes like teriyaki burgers in Japan or the McSpicy Paneer in India. Did you know that McDonald's revolutionized dining with its speed record for serving a burger in under 50 seconds? It didn't stop there—the first drive-thru, introduced by In-N-Out Burger in California in 1948, changed how the world dines on the go. Interestingly, fast food can also activate your brain's reward system, releasing dopamine and making those quick bites feel even more satisfying.

6. _____ **Comfort Food Cravers**

If warm soups, creamy pasta, or hearty casseroles are your go-to, you're probably nostalgic, empathetic, and someone who treasures family and tradition. Comfort food is deeply personal, often tied to childhood memories or moments of connection. In Italy, a bowl of risotto is the ultimate symbol of home, while in the U.S., mac and cheese brings generations together. What's fascinating is how comfort food can trigger the release of oxytocin, the "bonding hormone," especially when shared with loved ones. For you, food isn't just about flavor—it's about the feeling of being cared for and the stories that come with every bite.

Which paragraph:

A *explores how certain foods contribute to maintaining fluid balance;*

B *explains why humans are drawn to a certain flavor;*

C *highlights nutritional choices linked to extended lifespans;*

D *mentions natural ways of heat regulation;*

E *discusses the evolution of eating on the move;*

F *explains that certain food can only be enjoyed in cold climates;*

G *looks at why certain food holds sentimental value;*

H *examines how certain food preferences are not linked to personality.*