PASSAGE 16

Tra ID Đề [5900] - Tra ID Video [5901]

Many scientists believe our love of sugar may actually be an addiction. When we eat or drink sugary foods, sugar enters our blood and affects parts of our brain that make us feel good. Then the good feeling goes away, leaving us wanting more. All tasty foods do this, but sugar has a particularly strong effect. In this way, it is in fact an addictive drug, one that doctors recommend we all cut down on.

"It seems like every time I study an illness and trace a path to the first cause, I find my way back to sugar," says scientist Richard Johnson. One-third of adults worldwide have high blood pressure, and up to 347 million have diabetes. Why? "Sugar, we believe, is one of the **culprits**, if not the major one," says Johnson.

So, what is the solution? It's obvious that we need to eat less sugar. The trouble is, in today's world, it's extremely difficult to avoid. From breakfast cereals to after-dinner desserts, our foods are increasingly filled with **it**. Some manufacturers even use sugar to replace taste in foods that are advertised as low in fat. But there are those who are fighting back against sugar. Many schools are replacing sugary desserts with healthier options like fruit. Other schools are growing their own food in gardens or building facilities like walking tracks so students and others in the community can exercise. The battle has not yet been lost.

Question 1: What is this passage mainly about?

A. Our addiction to sugar
B. Illnesses caused by sugar
C. Good sugar versus bad sugar
D. Ways to avold sugar

Question 2: The word "**culprits**" in paragraph 2 is closest in meaning to _____.

A. diseases
B. unknown things
C. sweet food
D. causes of the problem

Question 3: According to scientist Richard Johnson, what is the relationship between sugar and diseases?

A. Sugar is the leading cause of all illnesses.
B. Sugar may be a major cause of high blood pressure and diabetes.
C. Sugar has little to do with health problems.
D. Sugar only causes minor illnesses

Question 4: According to the passage, why is it so hard to avoid sugar?

A. We like candy too much.
B. It gives us the needed energy.
C. It's in so many foods and drinks.
D. We get used to eating it at school.

Question 5: The word "**it**" in the passage refers to _____.

A. foods
B. after-dinner desserts
C. sugar
D. breakfast cereals

Question 6: Which of the following statements about sugar is NOT true?

A. Sugar makes US feel good.
B. Our bodies store sugar as fat.
C. We need very little to survive.
D. Only adults need to stop eating sugar.

LIVEWORKSHEETS