

Read this following text and answer the questions!

Food and drink are essential parts of our daily lives, not only for survival but also for enjoyment and cultural expression. Different countries have unique dishes that reflect their history, geography, and climate. For example, Italian cuisine is famous for its pasta and pizza, while Japanese cuisine is known for sushi and fresh seafood. In hot countries, people often enjoy spicy foods and cold drinks to help regulate body temperature. Meanwhile, in colder regions, hearty stews and hot beverages like tea or coffee are more common. Healthy eating has become more popular in recent years, with many people choosing organic foods, reducing sugar intake, and drinking more water. Fast food, however, remains very popular due to its convenience and affordability, even though it is often high in fat, salt, and sugar. Beverages like soda and energy drinks are widely consumed, especially among teenagers, but nutritionists recommend water, fresh juice, or herbal tea as healthier alternatives. In some cultures, food plays a central role in social gatherings, such as sharing meals during holidays or festivals. Overall, what we eat and drink greatly affects our health, energy levels, and even mood, making it important to make informed choices every day.

TRUE or FALSE

1. Italian cuisine is famous for sushi and fresh seafood.
2. People in hot countries often prefer cold drinks and spicy foods.
3. Fast food is always the healthiest option available.
4. Drinking water is considered a healthy habit.
5. Japanese cuisine is best known for pasta and pizza.
6. People in cold climates often enjoy hot beverages.
7. Organic food has become more popular recently.
8. Energy drinks are recommended by nutritionists as the best drink for health.
9. Food has no role in social events or traditions.
10. What we eat and drink can affect our mood and energy levels.