

Minitest new words Lesson 5 - Reading

1. He tends to _____ snacks late at night when he's feeling stressed. (**eat excessively in a short time**)
2. The number of people skipping meals and eating junk food regularly is quite _____. (**causing worry or fear**)
3. The documentary made me _____ the way I think about food and health. (**think deeply for a long time**)
4. Many people _____ check their phones for updates every few minutes. (**feel strongly forced to do something**)
5. After the war, food was _____ and people had to ration what little they had. (**not dense or widely spaced**)
6. The ad campaign was launched _____ to capture market attention. (**in a forceful or intense way**)
7. He has a lot of untapped _____ in leadership and critical thinking. (**having the ability to develop into something in the future**)
8. The country is facing an economic _____ due to inflation and unemployment. (**a time of serious difficulty or danger**)
9. The collapse of the dam was a total _____ for nearby communities. (**a sudden and terrible event**)
10. We were all left speechless by the _____ results of the experiment. (**very surprising or difficult to believe**)

11. Even small changes in eating habits can _____ major improvements in health. (**cause or lead to a reaction**)

12. Children in poverty may suffer from a lack of proper _____. (**food and substances needed for health**)

13. There's a _____ difference between eating a snack and eating an entire pizza. (**large in amount or importance**)

14. With proper planning and _____ eating, you can still enjoy your favorite foods without guilt. (**not extreme or excessive**)

15. Obesity is a global _____ that affects both developed and developing countries. (**a fact or situation observed to exist or happen**)

16. His musical talent seemed almost _____ — he never had formal training. (**existing naturally rather than learned**)

17. We stopped at a fast-food _____ for a quick lunch. (**a store or restaurant that sells products or services**)

18. Many health problems stem from the _____ of sugar and processed food. (**the act of consuming too much**)

19. This luxury brand mostly targets _____ consumers in large cities. (**wealthy and having a high standard of living**)

20. New food trends often _____ the market quickly through social media. (**to enter and spread into something**)