

Use of English

When Comfort Comes with Calories



Read the text below, choose the correct answer (A, B, C, D)

People often talk about “eating their feelings,” yet very (1)_____ realise how strongly emotions affect appetite. When life feels unpredictable, food becomes a form of control — something we can hold onto when everything else seems (2)_____.

If I (3)_____ through several stressful years, I might not have realised how connected emotions and food really are. I've noticed that whenever my days get too busy or plans collapse, I find myself reaching for a snack I don't even want. It's not hunger — it's habit. Somehow, a bite of something sweet feels (4)_____ a quick solution, even though I know it won't fix (5)_____. I wish people (6)_____ that willpower alone doesn't solve the problem. What truly helps is learning to slow down and listen to yourself before opening the fridge.

(7)_____ moments when I stand in the kitchen, spoon in hand, trying to decide whether I'm really hungry or just tired. So much of emotional eating happens automatically — as if the body acts before the mind catches up. Still, awareness changes everything. A little pause, a few deep breaths, or even a glass of water (8)_____ make all the difference.

I'm not perfect; nobody is. There will always be stressful days when I eat more than I planned. But instead of blaming myself, I try to understand (9)_____ I needed at that moment — comfort, rest, or reassurance. When I manage to do that, the guilt disappears, and food becomes what it should be: nourishment.

- | | | | | |
|-------------|----------------|----------------|----------|--------------|
| 1. _____ | 2. _____ | 3. _____ | 4. _____ | 5. _____ |
| A) few | A) uncertain | A) isn't been | A) as | A) anything |
| B) a few | B) uncertainly | B) hasn't been | B) so | B) thing |
| C) little | C) certainty | C) hadn't been | C) such | C) something |
| D) a little | D) certify | D) wasn't been | D) like | D) nothing |

- | | | | |
|--------------------|--------------|------------|----------|
| 6. _____ | 7. _____ | 8. _____ | 9. _____ |
| A) understand | A) There is | A) ought | A) which |
| B) understands | B) There are | B) can | B) that |
| C) will understand | C) These are | C) should | C) what |
| D) understood | D) It is | D) have to | D) who |