

# 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.

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|-------------|----------------|----------------|----------|--------------|
| 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   |

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|--------------------|--------------|------------|----------|
| 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   |

