# 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. _____
*A) few*
*B) a few*
*C) little*
*D) a little*

2. _____
*A) uncertain*
*B) uncertainly*
*C) certainty*
*D) certify*

3. _____
*A) isn’t been*
*B) hasn’t been*
*C) hadn’t been*
*D) wasn’t been*

4. _____
*A) as*
*B) so*
*C) such*
*D) like*

5. _____
*A) anything*
*B) thing*
*C) something*
*D) nothing*

6. _____
*A) understand*
*B) understands*
*C) will understand*
*D) understood*

7. _____
*A) There is*
*B) There are*
*C) These are*
*D) It is*

8. _____
*A) ought*
*B) can*
*C) should*
*D) have to*

9. _____
*A) which*
*B) that*
*C) what*
*D) who*