EATING HABITS

READING COMPREHENSION

Read the text and answer the questions.

In recent years, eating habits around the world have changed significantly, especially in urban areas. With busy schedules and longer working hours, many people choose to eat out rather than prepare meals at home. While this saves time, it often leads to higher consumption of processed foods, which can affect long-term health.

As a result, health professionals increasingly encourage people to cut down on sugar, salt, and ultra-processed products. However, changing habits is not easy. Studies show that during periods of stress, individuals are more likely to pig out on snacks or comfort food, even when they are aware of the negative consequences.

Another issue related to modern food consumption is waste. Large amounts of food are produced every day, yet a significant portion is never eaten. When food is forgotten in the refrigerator and goes off, it is often simply thrown away. Experts argue that better planning and awareness could reduce this problem and encourage more responsible consumption.

Despite these challenges, small changes can make a difference. Preparing simple meals at home, finishing what is served instead of wasting it, and paying attention to food quality can help people develop healthier and more sustainable eating habits over time.

LIVEWORKSHEETS

1. What is the main idea of the passage?

A. The dangers of eating at restaurants
B. How modern lifestyles influence eating habits and food waste
C. Why people prefer processed food
D. The economic impact of food production

2. According to the passage, why do many people choose to eat out?

A. Because it is cheaper
B. Because it is healthier
C. Because it saves time
D. Because they dislike cooking

3. The phrase "cut down on" in paragraph 2 is closest in meaning to:

A. completely avoid
B. reduce
C. replace
D. ignore

4. What does the passage suggest about stress and eating habits?

A. Stress has little effect on food choices
B. Stress encourages people to eat more balanced meals
C. Stress often leads to overeating unhealthy food
D. Stress causes people to skip meals

5. In paragraph 3, what happens to food that goes off?

A. It is usually recycled
B. It is donated
C. It is frozen for later use
D. It is thrown away

6. Which of the following best describes the author's attitude?

A. Critical but hopeful
B. Completely pessimistic
C. Neutral and indifferent
D. Humorous and informal

LIVEWORKSHEETS