And your parents may shape your future in another way. Your upbringing shapes some basic attitudes to food – like whether you have a sweet tooth, nibble between meals, take big mouthfuls or eat chips with everything.

And there is your lifestyle. How much you spend on food (time as well as money), how much exercise you get – these can alter the balance between food and fitness.

And finally, both your age and your sex may affect this balance. For example, you are more likely to put on weight as you get older, especially if you are a woman.

So, everybody's different and the important thing is to know yourself.

Section III

If you are eating a fairly varied diet, it is just about impossible to go short of proteins, vitamins or minerals. It is likely, too, that you have more than enough fats and carbohydrates.

Take proteins for instance. On average, we eat about twice as much protein as we need.

Vitamin pills are not likely to help either. A varied diet with plenty of fresh fruit, vegetables and cereals along with some fish, eggs, meat and dairy products will contain more than enough vitamins. Unless you have some special medical reason, it is a waste of time and money to take vitamin pills.

As for minerals, there is no shortage in the average diet and it is useless to have more than you need.

Section IV

Just about everything you eat contains energy – measured as calories; the higher the number of calories, the more energy. But don't make the mistake of thinking that eating extra energy-rich foods will make you more energetic. The amount of energy in your daily diet should exactly balance the energy your body-machine burns up. If you eat more than you use, the extra energy is stored as body fat. And this is the big problem.

Section V

Over hundreds of thousands of years, man's food came mainly from plants.

He ate cereals (like wheat), pulses (like beans and peas), vegetables, fruit and nuts. So our ancestors were used to eating the sort of food that contains a lot of fibre.

In comparison with our ancestors, the sort of food we eat today contains very little fibre. Our main foods are meat, eggs and dairy products, which contain no fibre at all.

Lack of fibre seems to be connected with various disorders of the digestive system. Some experts also believe that lack of fibre may even lead to heart disease.

If you are worried about your weight, eating more fibre may actually help you to slim! Food with plenty of fibre like potatoes or bread can be satisfying without giving you too many calories.

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Exercise 1 Word Use

Find in Section II and Section V words which are closest in meaning to the following definitions.

Section II

_____ 1. to receive from one's parents or grandparents

_____ 2. training and caring for a child

_____ 3. to eat (something) with small bites

_____ 4. to (cause to) become different

Section V

_____ 5. a person from whom someone is descended

_____ 6. lack of order; confusion

_____ 7. connected with digesting food

_____ 8. attractively thin; not fat

Exercise 2 Matching the Headings

The reading passage *Our Diet Matters* has 5 sections numbered I-V. Choose the most suitable heading for each section from the list of headings below. Write the appropriate letters (A-G). There are more headings than you can use.

A. Extra energy makes us fat.
B. Eating more fibre is important.
C. It is better to change the bad eating habits.
D. A bad diet is harmful.
E. People differ from each other.
F. Enough proteins, vitamins and minerals are provided in a good diet.
G. We do not need vitamin pills.

9. Section I
10. Section II
11. Section III
12. Section IV
13. Section V

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Exercise 3 Multiple-Choice Questions

Refer to the reading passage *Our Diet Matters* and choose the correct answer by writing down the corresponding letters.

14. According to the passage, which THREE of the following factors could affect your body system?
    A. Genes
    B. Vitamin pills
    C. Physical exercises
    D. Excessive worries
    E. Attitudes to food

There are four choices for each question. Refer to the passage and choose the correct answer by writing down the corresponding letter.

15. Generally speaking, which one of the following four puts on weight comparatively easier?
    A. A male aged 35
    B. A female aged 35
    C. A male aged 45
    D. A female aged 45

16. Which of the following statements is NOT true?
    A. A person is likely to put on weight if his father is overweight.
    B. Eating habits could be shaped by one's parents.
    C. Generally speaking, we eat more proteins than our bodies need.
    D. The amount of energy in your diet should be higher than the energy your body-machine burns up.

17. Compared with that of our ancestors, our diet tends to lack
    A. vitamins.
    B. fibre.
    C. minerals.
    D. calories.

18. If your daily diet is a rather varied one, it is almost impossible that
    A. your body store extra body fat.
    B. your body need vitamin pills as supplement.
    C. your body take in more carbohydrate than it can use.
    D. your body need to take in more fibre.

19. Which word can best describe the main purpose of the passage?
    A. Informative
    B. Argumentative
    C. Descriptive
    D. Persuasive

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Vocabulary

alter/ˈɔːltə/ *v.*
ancestor /ˈænsistə/ *n.*
balance/ˈbæləns/ *n., v.*
calorie /ˈkæləri/ *n.*
carbohydrate /ˌkɑːbəuˈhaidreit/ *n.*
cereal /ˈsiəriəl/ *n.*
cope /kəup/ *v.*
dairy /ˈdeəri/ *adj., n.*
depend /diˈpend/ *v.*
digestive /daiˈdʒestiv/ *adj.*
disorder /disˈɔːdə/ *n.*
energetic /ˌenəˈdʒetik/ *adj.*
extract /ikˈstrækt/ *v.*
fibre /ˈfaibə/ *n.*
fitness /ˈfitnis/ *n.*
gene /dʒiːn/ *n.*
inherit /inˈherit/ *v.*
mineral /ˈminərəl/ *n.*
nibble /ˈnibl/ *v.*
pill /pil/ *n.*
protein /ˈprəutiːn/ *n.*
pulse /pʌls/ *n.*
shape /ʃeip/ *v.*
swallow /ˈswɒləu/ *v.*
upbringing /ˈʌpbriŋiŋ/ *n.*
varied /ˈveərid/ *adj.*
vitamin /ˈvitəmin/ *n.*

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Unit 9 Reading Practice (6)

Reading Passage One

Pre-Reading Strategies

1. Skim through the passage below to find out roughly what it is about and how it is organised. Pay attention to the italicised subheadings.
2. Use your previous knowledge of the subject to think about the following questions before you read the passage for detailed information.
   A. Why do people want to rent a room or a house?
   B. How do people apply to rent?
   C. Do people have to pay any money as deposits?
   D. What if people have complaints about the rented place?
3. Look at the different types of questions after the passage to get a general idea about the range of questions and about the kinds of information you need to look for in the passage.
4. Under which subheadings of the passage will you probably find information about
   A. documents to bring for application?
   B. the fine you pay if you break a window?
   C. forms used to check off items?
   D. what to do if the sink leaks?

All about Renting

1

To make your move into an apartment as smooth as possible, we would like to make you aware of what will take place before you are settled. Being prepared and avoiding problems can make it an easier and happier experience.

The first thing you must decide is how much of your income can be spent for your monthly rental. Besides the rent, the coverage of the monthly electric bill and your phone charges should also be considered. Heat and water costs are almost always included in your rent. Some rental units contain an individual heating system, in which case you will have heating costs.

APPLICATION – When you make application to rent an apartment, it has always been common practice to check your credit and references. You may now be required to pay a fee to have your application professionally checked.

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If you do not want to hold up the process of confirming your rental, you should be prepared for the costs of application, security and pet deposits.

DEPOSITS – You must expect to pay a deposit which can come under the name of security, damage or cleaning deposit. They can range from a fee of $50 and up, or equal to a full month's rent. This is insurance for the building owner against damage or unusual cleaning after you have left, which means part or all of the deposit could be retained; otherwise, it is refunded to you. The exact requirements for the deposit should be in writing so that you know what the money is for and under what circumstances it can be retained or returned to you. You must also expect to pay an additional deposit if you have a pet.

Many buildings may have a form available to check off items in the apartment and indicate their condition. If there is a tear in the carpet or a scratch on an appliance, it will be a matter of record and you cannot be charged for that later. If such a form is not available, you can walk through the apartment with the manager making your own list, having it signed by the manager and yourself.

All of this is a protection for you as well as the building owner and note that under a law enacted in 1973, your deposit will earn interest at an annual rate of 3%. The deposit must also be returned to you within 3 weeks after you have vacated, or the owner must provide you a written notice about the specific reason for withholding the deposit. You are required to provide your building owner with a mailing address in order to receive your deposit within 3 weeks.

COMPLAINTS – It is not unusual that something may not function properly in your apartment. It certainly has happened wherever you have lived before. If an appliance is not working, a faucet is leaking, and so on, put the problem in writing and give it to your manager or caretaker.

If you have any serious complaints, you should call the building manager. If some action is not following, you can call the Minnesota Multi-Housing Association "Hot Line" at 858-8222 between 2:00 and 5:00 p.m. during weekdays for help or service.

Exercise 1 Word Use

Decide which of the following choices is closest in meaning to the underlined word in the sentence and write down the corresponding letter.

1. This is insurance for the building owner against damage or unusual cleaning after you have left, which means part or all of the deposit could be retained; otherwise, it is <u>refunded</u> to you.

   A. withheld B. repaid C. lent

2. The deposit must also be returned to you within 3 weeks after you have <u>vacated</u>, or the owner must provide you a written notice about the specific reason for withholding the deposit.

   A. agreed B. moved out C. signed

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3. It is not unusual that something may not function properly in your apartment.

A. be repaired B. last C. work

Exercise 2 Sentence Completion

Refer to the passage headed *All about Renting I* and choose from the passage NO MORE THAN THREE WORDS to complete the following sentences.

4. You will have to be responsible for the heating costs if you rent a unit with an _____.
5. The minimum amount of the deposit that you are expected to pay can be _____.
6. If you break anything in the apartment, part or all of the deposit could be _____.
7. Small problems of the items in the apartment would be recorded and you cannot be _____ that later.
8. After you move out of the apartment, the building owner is required to return your deposit within _____.
9. If the owner wants to keep your deposit for an extra month, he must let you know the reason with _____.

Exercise 3 Yes/No/Not Given Questions

Read the passage *All about Renting I* and look at the following statements. Write

YES	if the statement agrees with the writer;
NO	if the statement does not agree with the writer;
NOT GIVEN	if there is no information about this in the passage.

10. The electric and telephone bills are probably excluded in the monthly rental.
11. When you apply for renting an apartment, professionals hired by the building owner will check your application.
12. If you want to have a pet in the rented apartment, you should pay the deposit for the pet.
13. Making your own list of the items in the apartment is better than using the form provided by the buildings.
14. The building owner is not supposed to send the deposit to you after you have left.
15. It is quite common that something in the apartment may not be working properly.
16. You are advised to call the manager if the TV set in your apartment is not working properly.
17. The Minnesota Multi-Housing Association "Hot Line" offers help and service seven days a week.

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Vocabulary

appliance /ə'plaiəns/ *n.*
application /ˌæpli'keiʃən/ *n.*
bill /bil/ *n.*
caretaker /'keəteikə/ *n.*
confirm /kən'fɜ:m/ *v.*
coverage /'kʌvəridʒ/ *n.*
credit /'kredit/ *n.*
damage /'dæmidʒ/ *n.*
deposit /di'pɒzit/ *n.*
enact /i'nækt/ *v.*
faucet /'fɔ:sit/ *n.*
function /'fʌŋkʃən/ *v.*
income /'inkʌm/ *n.*
indicate /'indikeit/ *v.*
individual /ˌindi'vidʒuəl/ *adj.*
insurance /in'ʃuərəns/ *n.*
item /'aitəm/ *n.*
leak /li:k/ *v.*
pet /pet/ *n.*
process /'prəuses/ *n.*
reference /'refrəns/ *n.*
refund /ri'fʌnd/ *v.*
rental /'rentl/ *n.*
retain /ri'tein/ *v.*
scratch /skrætʃ/ *n.*
security /si'kjuəriti/ *n.*
smooth /smu:ð/ *adj.*
tear /teə/ *n.*
vacate /və'keit/ *v.*
withhold /wið'həuld/ *v.*

Reading Passage Two

Pre-Reading Strategies

1. Skim through the passage on the next page to find out roughly what it is about and how it is organised. Pay attention to the italicised subheadings.

2. Use your previous knowledge of the subject to think about the following questions before you read the passage for detailed information.

   A. Do you check security before you move into a rented place?
   B. What can house owners do to protect the residents?
   C. Do you have to sign a contract about the rent?
   D. What would be in the contract?

3. Look at the different types of questions after the passage to get a general idea about the range of questions and about the kinds of information you need to look for in the passage.

4. Under which subheadings of the passage will you probably find information about

   A. fire protection?
   B. property insurance?
   C. breaking the contract?
   D. moving out?

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All about Renting

II

SAFETY – It is important to all of us to feel safe and secure in our homes. First of all, your neighbours and the building manager begin to know about your schedule, and any irregularity would make them question any activity that was out of pattern. It is better for you to notify your neighbours or the manager that you will be gone for a few days and ask them to pick up your mail or paper.

A building with controlled entry systems seems the ultimate in safety, but not when residents carelessly let anyone through the door as they enter, or let anyone in who rings with a particular reason to enter the building.

Fire protection in the form of alarm systems and many neighbours to warn you if there is a fire in the building is extra security in an apartment building.

In addition, you should know that apartment owners carry extensive insurance on the apartment building and property within the building or the rental unit, but not on the property belonging to you. Burglary, damage from fire, smoke, windstorm, explosion, or other misfortunes must be covered by you. It is recommended that you contact your insurance agent regarding a Renter's Insurance Policy.

LEASE – A lease or rental agreement becomes your next task and could be your most important consideration. A lease term could be for month to month, 6 months or one year. Your rent may be more per month on a short-term lease, typically if for under 6 months. Some buildings will require a one-year lease and some will accept or only give a 6-month lease.

When it comes to terminating your lease, you must remember that Minnesota State Law requires that you give the building owner 30 days notice of your intent to vacate. You should present this notice in writing and deliver it the day before your rent is due. If the owner needs to evict a resident, he is also required to give 30 days notice in writing and deliver it the day before the rent is due. However, the owner may require 60 days notice of termination of a lease as stated in the rental agreement. It is important that you read your lease and understand it before signing. It is for your protection as well as the owner and here are some of the reasons:

1) It specifies in writing what the building owner's responsibilities are and what yours are.

2) It protects you against rent increases for the term of your lease and against being evicted without any proper reasons.

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3) It describes policies and procedures to avoid misunderstanding and problems in the future.

4) It explains procedures for terminating your lease if the necessity arises.

If there is any part of your lease or rental agreement that you do not understand, be sure to question it before signing. The management prefers to clear up any confusion at the start than have an unhappy resident at some later date.

Exercise 1 Word Use

Decide which of the following choices is closest in meaning to the underlined word in the sentence and write down the corresponding letter.

1. It is better for you to notify your neighbours or the manager that you will be gone for a few days and ask them to pick up your mail or paper.

   A. convince B. inform C. warn

2. When it comes to terminating your lease, you must remember that Minnesota State Law requires that you give the building owner 30 days notice of your intent to vacate.

   A. ending B. signing C. changing

3. You should present this notice in writing and deliver it the day before your rent is due.

   A. copy B. read through C. hand over

4. If the owner needs to evict a resident, he is also required to give 30 days notice in writing and deliver it the day before the rent is due.

   A. force to leave B. criticise C. refuse

5. It specifies in writing what the building owner's responsibilities are and what yours are.

   A. discusses fully B. describes fully C. controls fully

Exercise 2 Matching the Phrases

Read the passage *All about Renting II* and choose, according to the passage, one phrase (A-H) from the list of phrases to complete each key point below. There are more phrases than the key points, so you will not use them all.

6. It is suggested that before you leave you'd better _____.
7. It seems to be quite safe to live in the building with _____.
8. Residents are careless when _____.
9. Your neighbours may _____.
10. If the property belonging to you in the apartment is stolen, _____.

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A. you will be responsible for the loss
B. controlled entry systems
C. inform the neighbours or the manager of your absence
D. a very responsible building owner
E. the insurance carried by the owner will cover the loss for you
F. warn you if there is a fire in the building
G. they let anyone in who claims to have some special reason
H. they do not contact their insurance agent

Exercise 3 True/False/Not Given Questions

Read the passage *All about Renting II* and look at the following statements. Write

TRUE	if the statement is true;
FALSE	if the statement is false;
NOT GIVEN	if the information is not given in the passage.

11. Your neighbours and the building manager will ask you about your schedule when you move in.
12. According to the passage, the longest term for the lease could be one year.
13. The building owner will charged you double if the lease term is only for two months.
14. You can either phone to inform the building owner of your plan to move out or give him a written notice.
15. The building owner is required by law to give the resident 60 days notice if he wants to end the lease.
16. You can find in the rental agreement the building owner's responsibilities as well as yours.
17. According to the rental agreement, the building owner cannot evict the residents without any proper reasons.
18. You should ask before signing about any part of the lease which you do not understand.

Vocabulary

agent /ˈeidʒənt/ *n.*
agreement /əˈgriːmənt/ *n.*
burglary /ˈbɜːgləri/ *n.*
confusion /kənˈfjuːʒən/ *n.*
deliver /diˈlivə/ *v.*
due /djuː/ *adj.*
evict /iˈvikt/ *v.*
intent /inˈtent/ *n.*
lease /liːs/ *n.*
mail /meil/ *n.*
pattern /ˈpætən/ *n.*
property /ˈprɒpəti/ *n.*
resident /ˈrezidənt/ *n.*
specify /ˈspesifai/ *v.*
task /tɑːsk/ *n.*
termination /ˌtɜːmiˈneiʃən/ *n.*
ultimate /ˈʌltimit/ *n.*, **the ~ in sth** (infml)

LIVEWORKSHEETS