

Millions of people today are overweight and out of shape. This is due in part (1) _____ their diet, which is often high in sugars and fats. Another (2) _____ is that too many of us spend our evenings gluing (3) _____ the television, instead of doing something to keep (4) _____ fit. Today hectic lifestyles also prevent us (5) _____ spending as much time as we should on staying in shape.

Long hours at school and work don't (6) _____ much time for healthy eating. Convenience food, such as (7) _____ meals and canned vegetables, saves time but is often (8) _____. Fast food and takeaways are also (9) _____ for many health problems.

In order to enjoy good health, a regular programme of (10) _____ is essential. This can be anything from gentle forms of yoga (11) _____ body building. Doing a little exercise every day so as not to develop (12) _____ problems is something that all of us should consider, young and old. If you don't practise any form of exercise now, it is for you to choose one and start today and get in shape!

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|-------------------|---------------|----------------|------------------|
| 1. A. of | B. to | C. in | D. at |
| 2. A. reason | B. effect | C. result | D. consequence |
| 3. A. in | B. on | C. to | D. at |
| 4. A. them | B. themselves | C. us | D. ourselves |
| 5. A. from | B. against | C. about | D. with |
| 6. A. take | B. leave | C. spend | D. waste |
| 7. A. freeze | B. freezing | C. frozen | D. unfrozen |
| 8. A. health care | B. healthful | C. healthy | D. unhealthy |
| 9. A. responsive | B. reacted | C. responsible | D. irresponsible |
| 10. A. exercises | B. exercise | C. homework | D. housework |
| 11. A. to | B. but | C. and | D. with |
| 12. A. healthy | B. unhealthy | C. health care | D. health |

Ex 27. Read the following passage and Circle A, B, C, or D to indicate the correct answer to each of the questions.

Super Size Me is a 2004 film by Morgan Spurlock, in which he documents his experiment to eat only McDonald's fast food three times a day, every day, for thirty days.

Spurlock made himself a short list of rules for the experiment, including an obligation to eat all of the three meals he ordered. He also had to 'Super Size', which means accepting a **giant** portion every time the option was offered to him. He ended up vomiting after the first Super Size meal he finished, after taking nearly twenty minutes to consume it.

After five days Spurlock put on almost 5kg, and he soon found himself feeling depressed, with no energy. The only thing that got rid of his headaches and made him feel better was another McDonald's meal, so his doctors told him he was addicted. More seriously, around day twenty, he started experiencing heart palpitations and one of the doctors detected liver problems. However, in spite of his doctor's advice, Spurlock continued to the end of the month and achieved a total weight gain of 11kg. His body mass index also increased from a healthy 23.2 to an overweight 27.

It took Spurlock fifteen months to recover from his experiment and return to his original weight, but the film also had a wider impact. Just after **its** showing in 2004, McDonald's phased out the Super Size option and healthier options like salads appeared on the menu.

Unfortunately, McDonald's denied the connection between the film and the changes, but it is interesting to note how closely they coincided with the release of the film.

1. Which of the following is the **best title** for the passage?