

Comprehension

Read the following passage carefully.

Junk food is defined as food which contains little nutritional value and is high in calories. Foods such as candies, cookies, chips, ice-cream, soft drinks and sweet desserts all fall in the category of junk food. The research suggests that this term, “Junk Food” was initially used in the 1960s. These foods have brought with them many health concerns, such as obesity, high blood pressure, heart diseases, tooth decay and among others, certain types of cancer.

Fat from junk food send messages to the brain of wanting more food, hence it can be seen that these foods can be addictive. Many countries in the Western culture, including the Caribbean use a great amount of junk food that is laced with sugar. Excessive sugar consumption can lead to the disease diabetes. This disease can cause disability and even death.

Mothers who eat junk food during pregnancy, produce children who are prone to obesity, high blood pressure and raised cholesterol. Junk food is appealing because of the taste, its price and its convenience. However, as is clearly seen, there are health consequences when we consume these tempting foods. Parents therefore, must be more vigilant as it relates to the eating habits of their children. Children from a very early age should be trained not to desire these foods. When their taste buds have been so accustomed to these foods, the fight will be much greater to wean them off these junk foods.

The following questions are about the passage you just read, write the correct answers for each question in the space provided.

Pay attention to your Grammar and Spelling

1. What does the word ‘initially’ suggest about the term “junk food”?
2. Why are some foods called “Junk Foods”?
3. According to the passage, what ingredient found in junk foods make it bad for your health?
4. Name three diseases listed in the passage that can be caused by eating junk food.
5. Why is junk food described as “additive”?
6. Give a reason why pregnant women should not eat junk food.

7. How can a parent prevent a child from growing up with a desire to eat junk food?