



Reading Comprehension: 1A - Mood Food (page 5)

I. True/False/Doesn't Say Statements

Read the article and decide whether the sentences are True (T), False (F) and Doesn't Say (DS).

1. _____ When we feel stressed or tired, we do not go to the doctor's for help, but we try alternative therapies.
2. _____ Dr. Paul Clayton graduated from Middlesex University.
3. _____ The amount of carbohydrates you eat will affect your feelings.
4. _____ Both chess players are from England.
5. _____ Late-night violence has stopped happening in Bournemouth.
6. _____ Blueberries and cocoa can help people to stay more focused.

II. Comprehension Questions. It is okay to write short answers.

1. Why do people on diets often feel depressed?
2. How does food with a lot of protein make us feel?
3. Who are the participants of the BBC experiment?
4. What are the benefits of *Mood Food* in Bournemouth?
5. What do the club owners in Bournemouth give to their clients for free?
6. What is the name of the chemical that makes us feel good?

III. Read the text and fill in the gaps.

Write no more than three words

1. Instead of going to the doctor's for help and trying alternative therapies, we can find a remedy somewhere _____.
2. What you eat and drink can affect your _____.
3. Some _____ in food affect how you think and feel.
4. You will feel more relaxed and happier if you eat food that is
_____.
5. You can do better in an exam in the afternoon if you eat the right food at
_____.
6. The right type of food can help us make _____ in a business meeting.
7. There was an _____ for a BBC TV programme in which two chess players had different meals before playing each other.
8. The decrease in violence has been _____ after chocolate was given out for free at the end of the night.
9. Chocolate gives you energy, helps stop tiredness and has a _____.
10. Spinach (a dark green vegetable) and salmon (oily fish) can help you deal with
_____.