TOP NOTCH 2 – UNIT 6 – READING EXTRA

1. **According to the author, what needs to be answered?**

A. Why eating rich food doesn't make you gain weight.
B. How to avoid gaining weight even though you eat a lot of fatty food.
C. How can the French stay thin despite eating a lot of rich food while the American can't.
D. Which kinds of food lead to obesity?

2. **Why does the author talk about "the cheese" in the first sentence?**

A. To examplify the rich food that the French eat
B. To demonstrate how the French stay in shape
C. To argue about how healthy the French's eating habit is
D. To conclude about why the French can stay in shape while the American can't.

3. **According to the report from Cornell University, which two factors affect whether or not you gain weight?**

_____ and _____

4. **Put F next to the statement about the French, and A next to the statement about the American**

..... shop for food in a place not as big as the other.
..... stop eating when they feel full.
..... eat quickly.
..... think highly about eating.
..... shop for food less frequently than the other.
..... fit their meals in between other activities.
..... spend long time at the table.
..... tend to eat everything in their plate.
..... don't know when they are full.

5. **What are two reasons for the increase in the rate of obesity among French children?**

A. The increase in the rate of obesity among adult
B. The refusal of the old tradition among young French
C. The popularity of fast-food restaurants in France
D. The out-of-date traditions of the French
E. The adoption of an unhealthy American eating habit

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