Why do we have chemicals in our food?



Please watch the video provided carefully and answer the questions afterward. You have a time limit of 45 minutes to complete the task, and you will only have one opportunity to submit your answers, so make sure they are correct.

What does Rebecca Tobi suggest as a solution to the accessibility of ultra-processed foods?

A. Increasing food prices

B. Reducing working hours

C. Government and business action to change the food environment

D. Encouraging individual choice and responsibility

What percentage of calories consumed in the U.S. and U.K. come from ultra-processed foods, according to a 2021 study?

A. 20-30%

B. 40-50%

C. More than 50%

D. Less than 20%

What historical advancements in food processing are mentioned in the text?

A. Microwaving and freezing

B. Baking, fermentation, salting, and pasteurization

C. Grilling and roasting

D. Juicing and dehydrating

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What is the primary focus of food processing post-1950s, according to the article?

A. Preservation and safety

B. Convenience, taste, color, and texture enhancement

C. Nutritional improvement

D. Traditional cooking methods

Who is Tim Spector, and what is his role in the context of the article?

A. A chef recommending healthy recipes

B. A professor of genetic epidemiology and co-founder of ZOE

C. A food industry spokesperson

D. A government health official

What is the British Food and Drink Federation's stance on processed foods?

A. They should be banned

B. They have benefits like increased shelf life and improved texture

C. They are always unhealthy

D. They are not widely consumed

What is the Food Foundation's finding about the cost of healthier foods?

A. They are cheaper than processed foods

B. They are twice as expensive as less healthy options

C. Their prices are stable

D. They are not available in supermarkets

What does Tim Spector criticize about the author's lunch menu?

A. The lack of protein

B. The use of artificial chemicals in diet lemonade

C. The absence of vegetables

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D. The high sugar content

Which serious diseases are linked to the consumption of ultra-processed foods?

A. Heart disease and arthritis

B. Diabetes, obesity, and cancer

C. Asthma and allergies

D. Depression and anxiety

What does the author usually have for breakfast?

A. Coffee and a cookie

B. A sandwich

C. A ready meal

D. A cheeseburger

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What is the best synonym for "usually" in the sentence "When it comes to food this is usually how I start my day"?

- A. Occasionally
- B. Frequently
- C. Rarely
- D. Seldom

- **Which word could replace "purchase" in the sentence "a ready meal I purchased from the supermarket for dinner"?**

- A. Bought
- B. Found
- C. Cooked
- D. Ate

- **What does the word "linked" mean in the context of "recent studies have linked consumption of UPF to serious diseases"?**

- A. Separated
- B. Associated
- C. Discovered

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- D. Invented

- **Which of the following could replace "criticize" in the sentence "Tim Spector criticizes about the author's lunch menu"?**

  - A. Praises
  - B. Explains
  - C. Examines
  - D. Disapproves

- **What does "lucrative" mean in the sentence "making the food and beverage industry highly lucrative"?**

  - A. Dangerous
  - B. Unprofitable
  - C. Profitable
  - D. Unimportant

- **Which word can replace "problematic" in "Spector points out the problematic ingredients like palm fat"?**

  - A. Beneficial
  - B. Harmful
  - C. Common
  - D. Unique

- **What does "constrained" mean in the sentence "choice is severely constrained here when it comes to what people can buy"?**

  - A. Restricted
  - B. Expanded
  - C. Enabled
  - D. Ignored

- **What does "advancements" mean in the context of "historical advancements in food processing"?**

  - A. Improvements
  - B. Declines
  - C. Mistakes
  - D. Delays

- **What does "accumulating" mean in "accumulating all these chemicals in our body"?**

  - A. Removing

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- B. Gathering
- C. Using
- D. Avoiding

- **What does "prohibitive" mean in the context of "the cost of healthy food is actually really prohibitive to lots of people"?**

- A. Affordable
- B. Reasonable
- C. Excessive
- D. Minimal

- **Choose the correct form of the verb to complete the sentence: "I'm on my way to the CNBC office. But first I'm going to ____ a coffee and probably a cookie too."**

- A. pick up
- B. picks up
- C. picking up
- D. picked up

- **Identify the correct tense: "When it comes to food this is usually how I ____ my day."**

- A. started
- B. starting
- C. start
- D. starts

- **Select the correct conjunction: "All these food items have something in common, ____ they all fit in the category of ultra-processed foods."**

- A. but
- B. or
- C. so
- D. because

- **Choose the correct preposition: "A 2021 study found that ultra-processed foods account ____ more than half of calories consumed in the U.S. and U.K."**

- A. to
- B. for
- C. with
- D. by

- **Pick the correct pronoun: "The bad news for me, and many others, is that recent studies have linked consumption of UPF ____ serious diseases."**

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- A. in
- B. to
- C. by
- D. with

- **Choose the correct verb form: "I'm showing Tim my lunch menu: a tuna sandwich, a lemonade and a bag of chips. Look all those carbs, you know. I mean, why ____ you want palm fat in it?"**

- A. do
- B. does
- C. did
- D. doing

- **Select the correct article: "The British Food and Drink Federation, which represents ____ $128 billion food industry, says there are many benefits to processing food."**

- A. a
- B. an
- C. the
- D. no article needed

- **Identify the correct conjunction: "Food is there to be savored. ____ just eating this stuff regularly, every single day, every meal, accumulating all these chemicals in our body, they make us overeat by 25%."**

- A. Although
- B. But
- C. And
- D. Because

- **Choose the correct form of the verb: "Try and eat 30 plants a week. Eat the rainbow, lots of colours, which ____ you're getting defence chemicals, Polyphenols, in your food."**

- A. means
- B. mean
- C. meaning
- D. meant

- **Select the correct pronoun: "Here in the U.K., 1 in 4 people are obese, ____ the highest rate in Europe."**

- A. that's
- B. those
- C. its

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- D. this is

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