Name: _____ **QUIZ** **Points: _____**

Reading Explorer 2 Unit 1 Lesson A

DIRECTIONS: Choose the correct answer for each question.

Sweet Love

[A] Many scientists believe our love of sugar may actually be an addiction. When we eat or drink sugary foods, the sugar enters our blood and affects the parts of our brain that make us feel good. Then the good feeling goes away, leaving us wanting more. All tasty foods do this, but sugar has a particularly strong effect. In this way, it is in fact an addictive drug, one that doctors recommend we all cut down on.

[B] "It seems like every time I study an illness and trace a path to the first cause, I find my way back to sugar," says scientist Richard Johnson. One-third of adults worldwide have high blood pressure, and up to 347 million have diabetes. Why? "Sugar, we believe, is one of the culprits, if not the major culprit," says Johnson.

[C] Our bodies are designed to survive on very little sugar. Early humans often had very little food, so our bodies learned to be very efficient in storing sugar as fat. In this way, we had energy stored for when there was no food. But today, most people have more than enough. So the very thing that once saved us may now be killing us.

[D] So what is the solution? It's obvious that we need to eat less sugar. The trouble is, in today's world, it's extremely difficult to avoid. From breakfast cereals to after-dinner desserts, our foods are increasingly filled with it. Some manufacturers even use sugar to replace taste in foods that are advertised as low in fat. So while the foods appear to be healthier, large amounts of sugar are often added.

[E] But some people are fighting back against sugar and trying to create a healthier environment. Many schools are replacing sugary desserts with healthier options, like fruit. Other schools are trying to encourage exercise by building facilities like walking tracks so students and others in the community can exercise. The battle has not yet been lost.

____ 1. What is the purpose of this passage?

a. to tell a story about a school
b. to show a problem and solution
c. to compare healthy and unhealthy food
d. to describe how the body processes sugar

____ 2. What is paragraph A mainly about?

a. how much sugar we should eat
b. which foods make us feel good
c. why people want more and more sugar
d. why some people eat more sugar than others

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____ 3. According to paragraph B, what do scientists say is the cause of many diseases?

a. sugar
b. diabetes
c. major illnesses
d. high blood pressure

____ 4. What does the first sentence of paragraph C mean?

"Our bodies are designed to survive on very little sugar."

a. Our bodies need only a little bit of sugar in order to live.
b. If we don't eat enough sugar, we will not survive.
c. Our bodies are made of a little bit of sugar.
d. Our bodies can survive without sugar.

____ 5. What does ***it*** refer to in the third sentence of paragraph D?

a. sugar
b. world
c. trouble
d. solution

DIRECTIONS: Choose the correct answer for each question.

Chocoholics

[A] Everyone has heard of alcoholics - people who are addicted to alcohol. These days, it is also common to hear about people who are shopaholics - individuals who are addicted to shopping. However, can a person be a chocoholic - someone who is addicted to chocolate?

[B] First, we need to understand what an addiction is. According to experts, there are three obvious signs when people have addictions. First, they have a strong craving[1] for some item - a food, a drug, or something else. Second, they lose control over the use of this item. In other words, they continue to use or consume this item even though they have tried hard to quit. Third, they do not stop using the item even though the consequences are negative.

[C] If we use this definition of addiction, then it is clear that some chocolate lovers should be called chocoholics. How many people do you know who frequently crave chocolate and cannot stop eating it even though they want to lose weight? Perhaps this even describes you.

[D] If you are a chocoholic, you might have one question on your mind. Is chocolate really that bad for your health? The answer really depends on the type of chocolate that you eat. Milk chocolate, popular because of its sweet and creamy flavor, is not the healthiest choice. Because of its high levels of sugar and fat, too much milk chocolate can lead to high blood pressure, heart disease, diabetes, and other health problems. For the same reasons, milk chocolate can also cause a person to gain weight. As a result of these problems, doctors suggest that people should cut down on the amount of milk chocolate that they eat.

[E] As a replacement, doctors recommend dark chocolate, especially dark chocolate that is more than 70 percent cacao.[2] According to doctors, eating a little bit of dark chocolate every day can actually bring some health benefits. These include keeping your brain healthy, improving the condition of your skin, and reducing stress.

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[F] For chocoholics who want to be healthy, the answer is obvious. A little bit of dark chocolate every day can lead to health as well as happiness. By eating the dark variety, chocoholics can have their (chocolate) cake and eat it too.

1 When you have a **craving**, you really want something and will not be satisfied until you get it.
2 **Cacao**, a seed found in tropical countries, is the main ingredient in chocolate.

____ 6. An alternative title for this passage could be _____.
a. Milk Chocolate vs. Dark Chocolate
b. Addictions and Their Effects
c. Chocolate: The Sweetest Drug

____ 7. In paragraph B, the word ***consequences*** is closest in meaning to _____.
a. effects
b. facts
c. decisions

____ 8. In the last sentence of paragraph D, the word ***they*** refers to _____.
a. doctors
b. people
c. chocolates

____ 9. According to the passage, which of the following statements is true?
a. Some types of chocolate are healthier than others.
b. Chocolate is unhealthy and should be completely avoided.
c. Chocolate is healthy and should be eaten more.

____ 10. In the last sentence of paragraph F, the expression ***have their cake and it eat too*** means _____.
a. they can enjoy looking at and eating their chocolate cake
b. they must choose between health and chocolate
c. they can enjoy some chocolate and also be healthy

DIRECTIONS: Skim the passage. Choose the main idea of each paragraph.

Chocoholics

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____ 11. **Paragraph B**
a. Addictions can cause serious problems for people who have them.
b. There are different signs of addiction.

____ 12. **Paragraph C**
a. Many people cannot lose weight because they eat chocolate.
b. It is possible for someone to be addicted to chocolate.

____ 13. **Paragraph D**
a. Milk chocolate is not a healthy type of chocolate.
b. Milk chocolate can cause a person to gain weight.

____ 14. **Paragraph E**
a. Dark chocolate is a healthier choice of chocolate.
b. Dark chocolate can reduce stress.

____ 15. **Paragraph F**
a. People can enjoy chocolate and be healthy if they make good choices.
b. Chocolate cake is good for you.

DIRECTIONS: Complete each sentence with the correct vocabulary word or phrase from the box.

advertise	battling	cut down on	recommends	store

16. The doctor _____ that I exercise more regularly.

17. Some animals _____ their food in holes or in trees to make it last through the winter.

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18. Gavin has been _____ with an illness for weeks. It's taking him a long time to get better.

19. Shane is trying to stop eating sugar. He has _____ the number of desserts he eats weekly from ten to two.

20. It is important to _____ a new product so people hear about it and want to go buy it.

DIRECTIONS: Match each vocabulary word to its definition.

a. addiction
b. efficient
c. facilities
d. obvious
e. drug

____ 21. clear, easy to understand

____ 22. working smoothly, working well

____ 23. the need to do or have something regularly

____ 24. equipment or buildings provided to help people

____ 25. a medicine or other substance used to change the way you feel

1	2	3	4	5	6	7	8	9	10

11	12	13	14	15	16	17	18	19	20

21	22	23	24	25

Thanks!

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