

GRAMMAR AND USAGE 2015

Direction: Read the passage below carefully and then complete the related **CLOZE** passage.

PASSAGE I

NUTRITION FOR CHILDREN AND TEENS

Healthy eating can stabilize your children's energy, sharpen their minds, and improve their moods. While peer pressure and TV commercials for junk food can make it seem impossible to get children to eat well, there are steps parents can take to instill healthy eating habits without turning mealtimes into a battle zone. By encouraging healthy eating habits now, you can make a huge impact on your children's lifelong relationship with food and give them the best opportunity to grow into healthy adults who are sure of themselves.

Children naturally prefer foods they enjoy, so the challenge then is to make healthy choices attractive. Of course, no matter how good your intentions, it's always going to be difficult to convince your eight-year-old that an apple is as sweet a treat as a cookie. However, you can ensure that your children's diet is as nutritious and wholesome as possible, even while allowing for some of their favorite treats.

The childhood urge to imitate is strong, so it's important that you are a role model for your kids. It's no good asking your child to eat fruit and vegetables while every night you gorge on several bags of potato chips, chocolate and at least two sodas. Below are some tips to promote healthy childhood eating:

- Have regular family meals. For example, knowing dinner is served at approximately the same time every night and that the entire family will be sitting down together is comforting and enhances appetite.
 - Cook more meals at home. Eating home cooked meals is healthier for the whole family. Restaurant meals tend to have more fat, sugar and salt. Save dining out for special occasions.
 - Get your children involved. They enjoy helping adults to shop for groceries, selecting what goes in their lunch box, and preparing dinner. It's also a chance for you to teach them about the nutritional values of different foods.
 - Keep plenty of fruits, vegetables and healthy beverages (water, milk, pure fruit juice) around so children become used to reaching for healthy snacks instead of empty calorie snacks like soda, chips, or cookies.
 - Limit portion sizes. Don't force your child to clean the plate, and never use food as a reward or bribe. Children who are extremely overweight or obese are at greater risk for heart disease, bone and joint problems and poor self-esteem, as well as long-term health problems in adulthood. While childhood obesity doesn't always lead to obesity in adulthood, it does raise the risks significantly.
- Now, you may ask, how can I get my picky child to enjoy a wider variety of foods? Many picky eaters prefer a plate with different sections, where one type of food doesn't touch another. Also, just as it takes adults a long time to make up their minds about new foods, most children have to see a new food at least 8-10 times before they will accept it. That means you are not to give up!

Finally, making mealtimes playful can also mean healthier eating for your children. Find some fun, creative ways to add more fruit and vegetables to your child's diet, such as topping a bowl of whole grain cereal with a smiley face; banana slices for eyes, raisins for nose, peach or apple slice for mouth, making frozen fruit kabobs, using pineapple chunks, bananas, grapes, and berries, or even trying fruit smoothies for a quick healthy breakfast or afternoon snack.

Adapted from an article @Helpguide.org.

Cloze Passage

NUTRITION FOR CHILDREN AND TEENS

Healthy eating can stabilize your children's energy, sharpen their minds, and improve their moods. While peer pressure and TV commercials for junk food can make it seem impossible to get children to eat well, there are steps parents can take to instill healthy eating habits in their children.

Children's (19) _____ (line 7) preference is for food they enjoy. Therefore, even with the (20) _____ (line 8) of intentions, it's always going to be difficult to convince your eight-year-old that an apple is as tasty as a cookie. However, you *can* ensure that your (21) _____ (line 10) diet is as nutritious and wholesome as possible, even while allowing for some of his or her favorite treats. The childhood urge to engage in (22) _____ (line 12) of adults is strong, so it's important that you are a role model for your children. It's no good asking your child to eat fruit and vegetables while (23) _____ (line 13) you gorge on several bags of potato chips, chocolate and at least two sodas. Below are some tips to promote healthy childhood eating:

- Have regular family meals. For example, the (24) _____ (line 15) that dinner is served at approximately the same time every night and that the entire family will be sitting down together is comforting and enhances appetite.
- Cook more meals at home. There is a (25) _____ (line 19) for restaurant meals to have more fat, sugar and salt. Save dining out for special occasions.
- Get your children involved. They enjoy helping adults when they go (26) _____ (line 20) for groceries. It's also a chance for you to teach them how about the nutritional values of different foods.
- Keep plenty of fruits, vegetables and healthy beverages such as water, milk and pure fruit juice around so children will automatically (27) _____ (line 24) for healthy snacks instead of empty calorie snacks like soda, chips, or cookies.
- Limit portion sizes. Don't force your child to clean the plate and never use food as a reward or bribe.

Now, you may ask, how can I get my picky child to enjoy a wider variety of foods? Many picky eaters prefer a plate with different sections, where one type of food doesn't touch another. Also, just as it takes adults a long time to make up their minds about new foods, most children have to see a new food at least 8–10 times before it becomes (28) _____ (line 33) to them. That means you are not to give up!

Adapted from an article @Helpguide.org

TOTAL MARKS = [10]