Read the Abstract and choose the correct answer:

Intermittent Fasting and Metabolic Health - https://pubmed.ncbi.nlm.nih.gov/35276989/

Given the ongoing strain that the obesity epidemic has placed on public health outcomes, new and effective approaches to weight control are needed. One approach to improving weight and metabolic outcomes is intermittent fasting, which consists of multiple different timing schedules for temporary food avoidance, including alternate-day fasting, other similar full-day fasting patterns, and time-restricted feeding (where the day's food is consumed over a 6-h period, allowing for 18 h of fasting). These feeding schedules have favorable metabolic effects by intermittently inducing the metabolism of fatty acids to ketones. The regimens overall lead to a decrease in weight and have been linked to improvements in dyslipidemia and blood pressure. While more research is needed on longer-term outcomes and this approach should be avoided in particular health conditions, intermittent fasting should be considered as an option for individuals who have a pattern of unhealthy weight gain using standard eating patterns.

1. The text says intermittent fasting is considered because of:
   a) The obesity epidemic
   b) The diabetes epidemic

2. Time-restricted feeding means eating during:
   a) 6 hours and fasting 18
   b) 8 hours and fasting 16

3. Intermittent fasting can sometimes induce the metabolism of:
   a)Proteins to glucose
   b) Fatty acids to ketones

4. Reported benefits of intermittent fasting include:
   a) Lower weight and better blood pressure
   b) Higher muscle mass and stronger bones

5. The passage says intermittent fasting should be avoided in:
   a) All young adults
   b) Certain health conditions

6. The overall recommendation is that intermittent fasting:
   a) Can be an option when standard eating leads to weight gain
   b) Should replace all traditional dietary guidelines

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Listen to this piece of news on intermittent fasting and choose the correct option:

1. Intermittent fasting is described as eating:
   a) Within an 8-hour period
   b) Within a 6-hour period

2. Supporters of intermittent fasting believe it helps with:
   a) Cellular repair and metabolism
   b) Blood sugar and lung capacity

3. Researchers at Shanghai University found that intermittent fasting could:
   a) Increase risk of cardiovascular disease
   b) Reduce risk of cardiovascular disease

4. The study followed about 20,000 adults for:
   a) Six years
   b) Six months

5. Dr Victor Wenze Zhong said he was:
   a) Surprised by the findings
   b) Confident about the findings beforehand

6. The Mayo Clinic noted that intermittent fasting has been practiced:
   a) For over 1,500 years
   b) For over 500 years

Grammar Focus: Relative Pronouns (who / which / where)

Relative pronouns connect extra information to a noun.

- **who → for people** - Dr Zhong, who conducted the study, was surprised by the results.
- **which → for things, objects, or ideas -** Intermittent fasting, which involves periods of eating and fasting, has become popular.
- **where → for places** - The clinic is a place where patients receive guidance on intermittent fasting.

Practice – choose the correct relative pronoun:

1. The researcher who / which published the paper is from Shanghai.
2. Time-restricted feeding, who / which lasts 6 hours, can affect metabolism.
3. The clinic is a place where / who patients receive guidance on intermittent fasting.
4. Dr Vasim, who / which studies metabolic health, recommends caution with fasting.
5. Ketones, who / which are produced from fatty acids, provide energy during fasting.
6. The doctors, who / which work at the Mayo Clinic, monitor patients' fasting safety.

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