## Use of English

## When Comfort Comes with Calories

Read the text below, choose the correct answer (A, B, C, D)



People often talk about "eating their feelings," yet very (1) realise how strongly emotions								
appetite. When life feels unpredictable, food becomes a form of control — something we can hold onto								
when everything else seems (2)								
If I (3) through several stressful years, I might not have realised how connected emotions and								
food really are. I've noticed that whenever my days get too busy or plans collapse, I find myself reaching for								
a snack I don't even want. It's not hunger — it's habit. Somehow, a bite of something sweet feels								
(4) a quick solution, even though I know it won't fix (5) I wish people (6) tha								
willpower alone doesn't solve the problem. What truly helps is learning to slow down and listen to yoursel								
before opening the fridge.								
(7) moments when I stand in the kitchen, spoon in hand, trying to decide whether I'm really								
hungry or just tired. So much of emotional eating happens automatically — as if the body acts before the								
mind catches up. Still, awareness changes everything. A little pause, a few deep breaths, or even a glass of								
water (8) make all the difference.								
I'm not perfect; nobody is. There will always be stressful days when I eat more than I planned. But								
instead of blaming myself, I try to understand (9) I needed at that moment — comfort, rest, or								
reassurance. When I manage to do that, the guilt disappears, and food becomes what it should be								
nourishment.								
		2			3			5
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B) a few		B) uncertainly		1000 C 10		100		B) thing
54 07 04		C) certainty		C) hadn't been		C) s	uch	C) something
D) a little		D) certify		D) wasn't been		D) li	ke	D) nothing
	C		7		0		9	
	6 A) understand		The state of the s				A) which	
	B) understand				B) can		B) that	
120000 10000 10000 10000			nd C) These are		C) should		C) what	
D) understood					D) have to		D) who	



