

Choose the correct answer!

Tips to reducing Unhealthy Foods in Your Diet

Here are the steps to help you cut down on unhealthy foods and improve your eating habits.

- Recognize unhealthy foods

Identify which foods are considered unhealthy. These include fast food, sugary snacks, sodas, and processed items high in fat and sodium.

- Create a meal plan

Spend some time each week planning your meals. Include a variety of healthy foods to ensure balanced nutrition and to reduce the temptation of unhealthy options.

- Make a shopping list

Before going grocery shopping, write a list of healthy foods you want to buy. Stick to this list to avoid impulse buys of unhealthy snacks and treats.

- Cook at home

Prepare your meals at home as much as possible. Cooking allows you to control the ingredients and portion sizes, making it easier to avoid unhealthy choices.

- Choose healthier snacks

Replace unhealthy snacks with nutritious alternatives. For example, opt for fresh fruits, nuts, or yogurt instead of chips, cookies, or candy.

- Stay hydrated

Drink plenty of water throughout the day. Sometimes, people confuse thirst with hunger, leading to unnecessary snacking on unhealthy foods.

- Gradually eliminate unhealthy options

Start by reducing one unhealthy food from your diet at a time. For instance, if you frequently consume soda, try cutting back or replacing it with water or herbal tea.

1. Which of the following is considered an unhealthy food?

- A. Lean proteins
- B. Whole grains
- C. Fresh fruits
- D. Fast food
- E. Yogurt

2. What is the purpose of creating a meal plan?

- A. To eat more fast food
- B. To save time on cooking
- C. To avoid cooking at home
- D. To increase snack purchases
- E. To ensure balanced nutrition and reduce temptation

3. Before going grocery shopping, you should

- A. go shopping when you are hungry
- B. buy as many snacks as possible
- C. focus only on processed foods

- D. avoid making a list altogether
 - E. write a list of healthy foods
4. Why is cooking at home recommended?
- A. It allows for control over ingredients and portion size
 - B. It's more expensive than eating out
 - C. It encourages eating fast foods
 - D. It takes too much time
 - E. It limits food choices
5. Based on the text, how might recognizing unhealthy foods impacts your overall diets?
- A. It allows for better meal planning and healthier choices
 - B. It will likely lead to more fast food consumption
 - C. It encourages buying more sugary snacks.
 - D. It promotes confusion about food choices.
 - E. It has no effect on eating habits
6. If someone decides to gradually eliminate unhealthy options, what is likely outcome of this strategy according to the text?
- A. Enhance ability to manage food choices over time
 - B. Increase cravings for unhealthy foods
 - C. A total change in diet overnight
 - D. Confusion about what to eat
 - E. Immediate
7. What does staying hydrated help to prevent?
- A. Cooking meals.
 - B. Eating more fruits.
 - C. Creating meal plans.
 - D. Buying unhealthy snacks
 - E. Confusing thirst with hunger.

How to Select Good Fruits and Vegetables

Fruits and vegetables are good to be consumed daily because they have much nutrients we are needed by our body. Fruits and vegetables are categorized as real food so they are safe to be consumed by all ages. Actually, there are some tips to select good quality fruit and vegetables which we will consume.

1. Choose fruits and vegetables carefully
We should choose vegetables and fruits carefully. We should avoid fruits and vegetables with cuts, bruises, insect holes, mold, or decay. At the same time, fruit does not need "perfect" to taste wonderful. All shapes and sizes make great fruit and vegetables.
2. Fresh may not always be the best!

Fresh fruit/vegetables is best when bought in season and locally for maximum flavor nutrition. Research has shown that frozen fruits and vegetables are just as nutritious as vegetables and have less waste.

Be mindful when buying canned fruits or vegetables. Canned fruits and vegetables are nutritious but often have added salt and corn syrup and the nutrients may be lost in the in the can. Avoid those with added corn syrups and added salt.

3. Fruit is widely available year round but ripeness is the key
When a fruit is ripe, it softens and generally the color changes. Starches turn into although the calories remain the same. The ripening process depends on the fruit. Melor citrus fruit (for example oranges and grapefruit) will not get any sweeter once picked. Pe and bananas change color and get sweeter. Some fruits are picked before they are ripe be they bruise easily in shipment (for example: pears and bananas). To ripen, place on the k counter for a few days or place in a brown paper bag. To speed up ripening, add a ripe b or apple to the bag. When fruit is ripe, eat it right away or refrigerate.
4. Buy fresh vegetables frequently and use them as soon as possible
Select vegetables that are crisp and colorful, not limp and starting to turn brow maximum savings, select vegetables in season. Clean and cut them yourself. Prepare ahead of time and keep them in the refrigerator to make dinner quick and conven convenience is very important to you, look for some of the prewashed and cut up vegeta your produce section. In addition to bags of salad, you will find chopped onions and peppers, grated carrots and cabbage for slaw and ready to cook stir fry vegetables.
5. Buy frozen unsweetened fruits and vegetables without added sauces
Keep frozen until ready to use. Use within 6 months of purchase. Frozen fruits and ve are handy for quick and easy meal additions.

Adapted from: <https://www.healthventuracounty.org/healthy-eating/selecting-fruits-and-vegetables>

8. What is the main purpose of the text?
 - A. To describe the different types of fruits and vegetables available in the market.
 - B. To provide guidelines on choosing high-quality fruits and vegetables.
 - C. To persuade readers to consume more fruits and vegetables daily.
 - D. To explain the nutritional content of various fruits and vegetables.
 - E. To compare the benefits of fresh and frozen products.
9. Which of the following is a TRUE statement according to the text?
 - A. All fruits get sweeter after they are picked.
 - B. Fresh vegetables are always the best and most nutritious option.
 - C. Frozen fruits and vegetables can be as nutritious as fresh ones.
 - D. Canned fruits are the best alternative due to their long shelf life.
 - E. Fruits with a perfect shape and size are the only ones that taste good.
10. The text implies that the ripening process for fruits is...
 - A. best done inside a refrigerator.
 - B. not the same for all types of fruits.
 - C. very quick and should be avoided.
 - D. only possible while the fruit is still attached to the plant.
 - E. a process that significantly increases the fruit's calorie content.

11. 4. Based on the text, what is the underlying reason for buying fresh vegetables frequently?
- A. To ensure we consume them while they are still at their best quality.
 - B. To support local farmers and the agricultural industry.
 - C. Because prewashed vegetables are not nutritious.
 - D. Because they are cheaper than frozen vegetables
 - E. To avoid having to clean and cut them ourselves.
12. What is the author's main idea regarding less-than-perfect fruits?
- A. They should be completely avoided as they are unsafe to consume.
 - B. Minor imperfections do not necessarily affect the taste negatively.
 - C. They are only suitable for making juice, not for eating directly.
 - D. They indicate that the fruit is overripe and too sweet.
 - E. They are usually sold at a much higher price
13. Which of the following best expresses the main idea of the entire text?
- A. Fresh, locally grown produce is the only type worth buying for a healthy diet.
 - B. The ripening process is the most critical factor in determining the quality of fruit.
 - C. Frozen and canned foods are nutritionally inadequate and should be avoided.
 - D. Selecting the highest quality fruits and vegetables requires careful attention to their origin, price, and packaging.
 - E. Making informed choices when selecting fruits and vegetables can help you get the best flavor, nutrition, and value.
14. . According to the text, which of the following is a correct statement about ripening fruit at home?
- A. Adding a ripe banana to a bag can accelerate the ripening of other fruit
 - B. Ripening fruit in a brown paper bag will slow down the process.
 - C. All fruits can be ripened effectively using the same method.
 - D. Refrigerating fruit immediately is the best way to ripen it
 - E. Once picked, no fruit can continue to ripen at home.

Have you ever tasted spaghetti? It is a classic dry Italian pasta which can be found almost anywhere now. It is a long, solid, string-like pasta which can be cooked into different meals, such as spaghetti and meatballs, spaghetti bolognese, cacio e pepe, spaghetti agli e olio, and many more. The food is so popular that it can be found in sachets in many shops. This text discusses how to make spaghetti by using the packaged spaghetti.

Before cooking, prepare all the tools, a liter of water, a tablespoon of vegetable oil, and a package of spaghetti. The tools needed are a medium sized pot, a long handle spoon and tongs, and a skimmer. All the tools need to be cleaned so that the taste will not be mixed up with other tastes left on the tools. Inside the package of spaghetti, there is a bag of spaghetti and a bag of bolognese sauce.

In the beginning, boil the water and add the oil. Once the water has boiled, add the spaghetti, and cover the pot with its lid. Let the water boil for 5 minutes and stir. After that, turn off the flame, and wait for another five minutes. Then, turn on the fire again and let the water boil for another five minutes. This time, the spaghetti should be soft enough to eat, so, turn off the flame. Take it out with the skimmer and put it in a plate. Finally, add the sauce onto the spaghetti, and your spaghetti is ready to eat.

Cooking spaghetti using the packaged spaghetti is not complicated because the sauce has been prepared in the factory. However, if you want to prepare the sauce by yours you will need more ingredients and time to cook.

15. What is the main purpose of the text?
 - A. To describe the history and popularity of spaghetti around the world.
 - B. To compare the taste of homemade sauce and factory-made sauce.
 - C. To list the different types of meals that can be made with spaghetti.
 - D. To explain the steps involved in cooking pre-packaged spaghetti.
 - E. To promote a specific brand of packaged spaghetti.
16. Which of the following is a TRUE statement according to the text?
 - A. The water must be kept boiling vigorously for 15 minutes without stopping.
 - B. The spaghetti must be stirred continuously for the entire cooking time.
 - C. The sauce is provided inside the package along with the dry pasta.
 - D. Cooking the spaghetti requires a very large pot and special tools.
 - E. Adding oil to the water is an optional step to enhance the flavor.
17. The text implies that cleaning the tools before cooking is important because...
 - A. it prevents leftover tastes from other foods from affecting the spaghetti's flavor.
 - B. factory-made sauce can easily get contaminated with dirty tools.
 - C. packaged spaghetti is more sensitive to dirt than fresh pasta.
 - D. it makes the process of skimming the spaghetti easier.
 - E. the pot will not heat up correctly if it is not clean.
18. What is the author's main idea about using packaged spaghetti?
 - A. It offers a simple and convenient alternative to making everything from scratch.
 - B. The provided sauce is usually of poor quality and should be replaced.
 - C. It is the only way to achieve the authentic taste of Italian spaghetti.
 - D. It is a difficult process that requires advanced cooking skills.
 - E. It is not recommended for health-conscious individuals.
19. Based on the text, what can be inferred about the cooking process described?
 - A. It only works with a specific type of packaged spaghetti.
 - B. It is significantly faster than any other method of cooking pasta.
 - C. It is a traditional Italian method passed down through generations.
 - D. It requires the cook to constantly monitor the pot to prevent overcooking.
 - E. It is designed to be foolproof for someone who might be new to cooking pasta.
20. "It is a **classic** dry Italian pasta..."
The bold type word is the closest in meaning to . . .
 - A. new
 - B. bad
 - C. poor
 - D. unique
 - E. traditional