

## WORKSHEET HORTATORY EXPOSITION LISTENING SECTION

Name: \_\_\_\_\_


Class: \_\_\_\_\_

### A. Pre-Listening

Instructions: Before we listen to the audio, let's learn some key vocabulary. Draw a line to match the words on the left (1-10) with their correct definitions on the right (A-J).

Vocabulary	Definition
1. Processed	A. The act of eating, drinking, or using something up.
2. Additives	B. A type of unhealthy dietary fat commonly found in deep-fried foods, red meat, and processed snacks. Eating too much of it can raise bad cholesterol.
3. Essential	C. A medical condition of being extremely overweight or having too much body fat, which can lead to severe health problems.
4. Consumption	D. Changed from its natural, raw state. In food, it means the food has been chemically altered or had things added to it to make it last longer or taste stronger.
5. Obesity	E. Exchanging or replacing one thing with another. In the text, it means replacing bad habits (eating instant noodles) with good ones (eating fruits).
6. Tenfold	F. Chemical substances added to food to improve its taste, appearance, or shelf life (such as artificial colors, flavors, or preservatives).
7. Impairs	G. Absolutely necessary; extremely important for survival.
8. Saturated	H. To weaken, damage, or make something worse. In the text, junk food "impairs" (damages/lowers) a student's ability to concentrate.
9. Refined	I. Processed to remove impurities. <i>Refined sugars</i> mean the sugar has been highly processed, stripping away any natural nutritional value it might have originally had.
10. Swapping	J. Ten times as big or ten times as much. (e.g., An increase from 1 to 10).

## B. Listening

	Please listen carefully to the audio. Afterwards, you will complete a True or False activity based on what you heard.
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## C. Listening Comprehension: True or False?

Instructions: Based on the audio you just heard, decide whether the following statements are True (T) or False (F). Circle your answer.

Statements	True/False
1. Junk food is usually very expensive and difficult to find.	True/False
2. Junk food contains a high amount of essential nutrients like vitamins and fiber that our bodies need.	True/False
3. Heavily processed foods are often filled with artificial additives, sugar, and unhealthy fats.	True/False
4. According to the World Health Organization (WHO), childhood obesity rates have increased tenfold over the past four decades.	True/False
5. Consuming fast food every day can protect teenagers from getting diabetes early in life.	True/False
6. High-sugar snacks provide long-lasting energy that helps students stay focused at school all day.	True/False
7. A study published in the American Journal of Clinical Nutrition states that meals high in saturated fat can reduce a person's attention span by up to 11%.	True/False
8. Eating junk food regularly will likely cause a student's grades to go down because they feel lazy and sleepy in class.	True/False
9. The writer recommends that students stop bringing any food to school to stay healthy own.	True/False
10. Swapping instant noodles and processed snacks for an apple or a homemade salad is a step toward protecting our future health.	True/False

## D. Listening Comprehension: Fill in the blanks

We all love junk food like instant noodles, fried chicken, and chips. They are cheap, easy to find, and taste amazing. However, I strongly believe that eating junk food every day is very 1. \_\_\_\_\_ s for our health.

Firstly, junk food is highly 2. \_\_\_\_\_ to our bodies. These foods are heavily 3. \_\_\_\_\_ and full of artificial 4. \_\_\_\_\_, sugar, and unhealthy fats. Unfortunately, they have almost zero essential nutrients that our bodies actually need, like vitamins and fiber. Doctors warn that the daily

consumption of fast food is a major cause of 5. \_\_\_\_\_ in teenagers. For example, data from the World Health Organization (WHO) reveals that childhood and 6. \_\_\_\_\_ obesity rates have increased tenfold globally over the past four decades, largely driven by the extreme consumption of ultra-processed fast foods. This means it can lead to serious problems like diabetes early in life.

Secondly, junk food 7. \_\_\_\_\_ your concentration at school. High-sugar snacks give you a quick 8. \_\_\_\_\_ of energy, but then you crash. A recent study published in the American Journal of Clinical Nutrition found that eating a meal high in saturated fat and refined sugars can drop a person's attention span by up to 11% in just a few hours. You will suddenly feel very sleepy, lazy, and unable to focus on your teacher. This will absolutely bring your grades down.

Therefore, we must stop eating junk food on a daily 9. \_\_\_\_\_. I strongly recommend that you start choosing healthier options by 10. \_\_\_\_\_ your instant noodles and processed snacks with fresh vegetables and fruits. Bringing an apple, a banana, or a simple homemade salad to school instead of buying chips is a small but powerful step to protect your future health.

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