

English Vocabulary Test for Second Secondary Students Mega Goal 2-3

Student Name:	
Class:	

Unit 2 You Are What You Eat

Question Type: Find the word that means

Read the text and find the words or phrases that mean:

- _____ letting yourself do or have something that is not good for you
- _____ eaten
- _____ loves eating sweet foods
- _____ delicious
- _____ large quantity
- _____ containing the elements necessary to support life and maintain health
- _____ basic food stuff, e.g. rice, flour, beans, dairy products, etc.
- _____ improved, made better or more noticeable
- _____ a large meal that consists of a number of different dishes
- _____ a set of instructions on how to prepare or make food

Indulgence of delicious desserts can lead to a number of health problems, including diabetes and excess weight. Sugar and especially chocolate are often consumed as a means of boosting energy. The problem, however, is that energy levels tend to drop as abruptly as they rise through the consumption of sugar. None of the above will prevent someone who has a sweet tooth from helping themselves to a sweet treat.

Many favorite treats are unfortunately considered unhealthy. Such treats include potato chips, burgers, French fries, doughnuts, and other, widely consumed fast food items. It is, indeed, very difficult for most of us to turn down a plateful of freshly fried, delectable, French fries or chocolate ice cream for dessert. Yet, there is an abundance of fruit and other options to choose from that are of superior nutritional value.

Nowadays, flavor is often chemically enhanced in mass produced, packaged food. Once people get used to these flavors, it is very difficult for them to return to traditional staples and natural ingredients that seem bland in comparison. This is what often makes younger eaters reject home cooking and in general "healthy eating" and be more attracted to fast food and packaged snacks.

If you think of the time spent on average, in each household, on food preparation, you realize why food has become such an important industry. Consider the significance of special dishes on special occasions and holidays: preparing a spread for friends and family, ordering special ingredients and spices, investing time and energy on planning, shopping, chopping, cooking, plating, and decorating dishes. Think about TV shows on cooking with new recipes. Check out recipes on the Internet.

We work to "put food on the table," to feed our family and ourselves. We might as well make sure that the food we consume has a beneficial impact on our health.