

Immanuel Lutheran College
S.7 Use of English – Reading Exercise 1

PART 1 READING (6% of the subject mark)

Read the following article and then answer questions 1–16. From the four choices given, choose the option which best answers each question. You should mark your answers to questions 1–16 on the multiple-choice Answer Sheet.

Read it and eat

One of the greatest distortions of diet is the word itself — a word that, says London University's Professor Tom Sanders, needs to be reclaimed from those who have made it a synonym for unscientific, unnecessary and often frankly unhealthy slimming regimes. Sanders, a government advisor on food, is contemptuous of the way women in particular have been led to misunderstand the needs of their own bodies and to confuse health with an ability to squeeze into a size-10 dress. 'Women are naturally twice as fat as men,' he says. 'If there were a simple relationship between fat and heart disease, you would expect women to die sooner. But they don't. They live longer. And women who could be described as plump live the longest of all.'

The greatest of all myths is that thin people are healthier than fat people. You need only reflect upon the contrasting fortunes of the Italians and Finns. The pasta-loving Italians are far more prone to the Pavarotti tendency than ascetic northern cod-nibblers. Yet it's the skin-and-bone Finns who suffer the most heart attacks, and fat people in all countries are more likely to survive heart attacks than thin ones. After the age of 50, overweight men live longer than underweight men. Fat people are also less susceptible to lung infections, and fatness is linked with decreased risks of tuberculosis and all infectious diseases. Anorexics, on the other hand, greatly increase their risk of sudden death from heart failure. Contrary to slimming propaganda, rapid weight loss is about as good for your health as a diet of whale blubber and daytime TV. The key to a long healthy life is stability.

The American Cancer Society discovered that people who claimed to have lost weight were more likely to die from heart attacks than those whose weight remained stable. Fast slimming can weaken the bones, increase the risk of gout, gallstones and heart disease, and worst irony of all, damage the metabolism so that weight will be added more rapidly afterwards.

Despite the billions of pounds invested by advertisers in trying to make us believe otherwise, we need fat in our diet to stay alive. Fats are necessary not only for their own sake but also because they help us absorb vitamins. Some diet books still bang the anti-fat drum as if all fats are bad, but they tend to be the same ones that go on about 'cellulite', spot reduction of fat, or 'bad' food.

No food, not even the most highly processed industrial food, is actively poisonous or devoid of nutritional value. It only becomes a problem if you eat so much of it that you displace other things from your diet and skew the balance. 'There is nothing inherently wrong with snack foods,' says Tom Sanders. 'It is our attitude to them that is at fault. Crisps are

a good example. They have been labelled 'bad food', yet a packet of crisps contains twice as much vitamin C as an average apple.'

Fatty foods are the elephant traps of the food jungle. They are powerfully seductive, tastier and easier to eat than starchy foods, because they are less bulky. They also take a longer time than carbohydrates to hit the bloodstream, so you can be well pigged out before your body warns you it has had enough.

As a nation, the British are indeed being squeezed out of their trousers like cream from a bun. In 1980, approximately 8% of women and 6% of men fitted the clinical definition of obese: more than 20% above the 'normal' body weight for their height. By 1995, the figures had edged up to 16.5% and 15%. The obvious conclusion in an age of round-the-clock refrigerator-grazing is that the remorseless advertisement and constant availability of snacks have had their inevitable effect. As is often the case, however, the obvious conclusion is wide of the mark. On average, in terms of energy intake, the British are eating 25% less than they did when wartime rationing was still in force in the 1940s. The conclusion: it is laziness, not greed, that cushions the belly. It is not more food that is putting on the pounds, but less exercise.

Curiously, sales of diet books have been expanding in parallel with the national waistline. How many women have been driven to bleak hells of lettuce salad and mineral water by fear of 'cellulite'? There is one overwhelmingly important fact to understand about cellulite: there is no such thing. It was the invention of a French cosmetic company that wanted to sell a cream to get rid of it — a flash of marketing genius that has nourished the diet industry ever since. 'The plain fact is,' says Sanders, 'that women's thighs are naturally prone to fat deposits just below the skin. It is ordinary body fat, just like any other. Fat reduction happens in exactly the same sequence as you would get with any kind of low-calorie diet. The fat goes first from the belly, then from the face and between the shoulder blades, then — and only then — from the hips and thighs.'

According to Sanders, dieting has become the western world's answer to Chinese foot-binding — institutionalised torture of women's bodies. For those still tempted by diet-plan hype, or who are neurotically driven to seek a new, slimmer self, he offers an easy checklist, warning that any diet will be dangerous if it promises rapid weight loss, i.e. more than half to one kilo a week, or spot reduction of fat; or claims to cure 'cellulite', promote 'detoxification' or boost the metabolism; or perpetuates the myth of 'good' and 'bad' foods.

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1. Which of the following statements does NOT represent Professor Tom Sanders' views in the first paragraph?
 - A. Many women have misguided beliefs.
 - B. He argues that the word 'diet' has been misinterpreted by many.
 - C. He is contemptuous of women.
 - D. He states that diet should not be seen as synonymous to slimming.
2. According to Professor Tom Sanders, women . . .
 - A. are naturally twice as fat as men.
 - B. die sooner than men.
 - C. are healthier than men.
 - D. are the longest-living fat creature.
3. What is the 'Pavarotti tendency' mentioned in line 17?
 - A. the tendency to indulge in pasta
 - B. the tendency to get big and fat
 - C. the tendency to become healthy
 - D. the tendency to suffer heart attacks
4. Who do the 'ascetic northern cod-nibblers' refer to in lines 17–18?
 - A. people who eat a healthy diet
 - B. the Finns
 - C. people who eat a lot of cod fish
 - D. people who live in the North Pole
5. As indicated in paragraph 2, Professor Tom Sanders believes that . . .
 - A. men over 50 should increase their weight.
 - B. fat people are immune to lung infections and all infectious diseases.
 - C. rapid weight loss is good for health.
 - D. a healthy life is a stable life.
6. According to the American Cancer Society, what negative effects does rapid weight loss have on health?
 - A. It will lead to heart attacks.
 - B. It may weaken bones and increase the risk of gallstones, etc.
 - C. It will result in faster metabolism.
 - D. It will shorten one's life.
7. According to paragraph 4, what do the advertisers want us to believe?
 - A. We need fat in our diet.
 - B. Fats help us absorb vitamins.
 - C. There are good fats and bad fats.
 - D. Fats are harmful to our health.
8. What does the 'ones' in line 41 refer to?
 - A. fats
 - B. diet books
 - C. fat-conscious people
 - D. advertisers
9. What is the secret to healthy eating?
 - A. Eat more crisps.
 - B. Avoid snack foods.
 - C. Do not eat too much of one kind of food.
 - D. Avoid highly processed industrial food.
10. According to Professor Tom Sanders, . . .
 - A. all food is highly nutritious.
 - B. there is nothing wrong with eating lots of snack foods.
 - C. crisps are as nutritious as apples.
 - D. our attitude to snack foods is wrong.
11. What does the expression 'pigged out' mean in line 56?
 - A. ate like a pig
 - B. ate moderately
 - C. over-indulged by eating too much
 - D. worn out
12. Which of the following statements is NOT true?
 - A. More British people than before can be described as obese.
 - B. The British are 20% fatter than people in other countries.
 - C. There is a higher percentage of obese women than men in Britain.
 - D. The availability of snacks adds to the problem of obesity.
13. What evidence does Professor Tom Sanders offer to prove that it is not more food that leads to obesity among the British?
 - A. He believes it's laziness that cushions the belly.
 - B. British people do not do much exercise.
 - C. The British are eating less than they did in the 1940s.
 - D. The energy intake is very low for most British people.
14. Professor Tom Sanders' tone in lines 73–76 is one of . . .
 - A. anger.
 - B. disapproval.
 - C. spite.
 - D. bemusement.
15. Based on Professor Tom Sanders' arguments, cellulite cream is useless because . . .
 - A. cellulite disappears naturally.
 - B. it is natural for women's thighs to have fat deposits.
 - C. cellulite does not exist.
 - D. fat reduction can be achieved through low-calorie diets.
16. Why does Professor Tom Sanders say that 'dieting has become the western world's answer to Chinese foot-binding'?
 - A. Both stink.
 - B. Both are wrong.
 - C. Both are based on a misconception.
 - D. Both are institutionalised.

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a good example. They have been labelled 'bad food', yet a packet of crisps contains twice as much vitamin C as an average apple.'

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Curiously, sales of diet books have been expanding in parallel with the national waistline. How many women have been driven to bleak hills of lettuce salad and mineral water by fear of 'cellulite'? There is one overwhelmingly important fact to understand about cellulite: there is no such thing. It was the invention of a French cosmetic company that wanted to sell a cream to get rid of it — a flash of marketing genius that has nourished the diet industry ever since. 'The plain fact is,' says Sanders, 'that women's thighs are naturally prone to fat deposits just below the skin. It is ordinary body fat, just like any other. Fat reduction happens in exactly the same sequence as you would get with any kind of low-calorie diet. The fat goes first from the belly, then from the face and between the shoulder blades, then — and only then — from the hips and thighs.'

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(Freely adapted from an article in Postmagazine, 17th January, 1999.)

food expressions/patterns
figurative language

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- Which of the following statements does NOT represent Professor Tom Sanders' views in the first paragraph?
 - Many women have misguided beliefs. *l. 7 X*
 - He argues that the word 'diet' has been misinterpreted by many. *l. 1 X*
 - He is contemptuous of women. *l. 4-5 X*
 - He states that diet should not be seen as synonymous to slimming. *l. 4-5 X*
- According to Professor Tom Sanders, women ...
 - are naturally twice as fat as men. *l. 9*
 - die sooner than men. *X*
 - are healthier than men. *not clear*
 - are the longest-living fat creature. *X*
- What is the 'Pavarotti tendency' mentioned in line 17?
 - the tendency to indulge in pasta *not mentioned*
 - the tendency to get big and fat
 - the tendency to become healthy *X*
 - the tendency to suffer heart attacks *X*
- Who do the 'ascetic northern cod-nibblers' refer to in lines 17-18?
 - people who eat a healthy diet *irrelevant*
 - the Finns *l. 16*
 - people who eat a lot of cod fish *X*
 - people who live in the North Pole *X*
- As indicated in paragraph 2, Professor Tom Sanders believes that ...
 - men over 50 should increase their weight. *an opinion in fact*
 - fat people are immune to lung infections and all infectious diseases. *X*
 - rapid weight loss is good for health. *X*
 - a healthy life is a stable life. *l. 28 keyword*
- According to the American Cancer Society, what negative effects does rapid weight loss have on health?
 - It will lead to heart attacks. *X*
 - It may weaken bones and increase the risk of gallstones, etc. *l. 33-34*
 - It will result in faster metabolism. *X*
 - It will shorten one's life. *X not mentioned*
- According to paragraph 4, what do the advertisers want us to believe?
 - We need fat in our diet. *Sanders' opinion*
 - Fats help us absorb vitamins. *X*
 - There are good fats and bad fats. *X*
 - Fats are harmful to our health. *the sentence that follows "otherwise"*
- What does the 'ones' in line 41 refer to?
 - fats *X*
 - diet books *l. 40-41 subject of the sentence*
 - fat-conscious people *X*
 - advertisers *X*
- What is the secret to healthy eating?
 - Eat more crisps.
 - Avoid snack foods.
 - Do not eat too much of one kind of food. *l. 45*
 - Avoid highly processed industrial food.
- According to Professor Tom Sanders, ...
 - all food is highly nutritious. *X l. 43*
 - there is nothing wrong with eating lots of snack foods. *X l. 45*
 - crisps are as nutritious as apples. *X l. 51*
 - our attitude to snack foods is wrong. *l. 48*
- What does the expression 'pigged out' mean in line 56?
 - ate like a pig *f appearance*
 - ate moderately *X*
 - over-indulged by eating too much
 - worn out *irrelevant*
- Which of the following statements is NOT true?
 - More British people than before can be described as obese. *l. 62*
 - The British are 20% fatter than people in other countries. *not mentioned*
 - There is a higher percentage of obese women than men in Britain. *l. 60 + l. 62*
 - The availability of snacks adds to the problem of obesity. *l. 65 keyword*
- What evidence does Professor Tom Sanders offer to prove that it is not more food that leads to obesity among the British?
 - He believes it's laziness that cushions the belly. *X*
 - British people do not do much exercise. *not evidence, not direct X*
 - The British are eating less than they did in the 1940s. *l. 68*
 - The energy intake is very low for most British people. *not mentioned*
- Professor Tom Sanders' tone in lines 73-76 is one of ...
 - anger.
 - disapproval. *(difficult as it is about vocabulary)*
 - spite (bad intention)
 - bemusement. *(confusion)*
- Based on Professor Tom Sanders' arguments, cellulite cream is useless because ...
 - cellulite disappears naturally. *X*
 - it is natural for women's thighs to have fat deposits.
 - cellulite does not exist. *— it is opinion, not a support.*
 - fat reduction can be achieved through low-calorie diets. *X*
- Why does Professor Tom Sanders say that 'dieting has become the western world's answer to Chinese foot-binding'?
 - Both stink.
 - Both are wrong.
 - Both are based on a misconception.
 - Both are institutionalised. *l. 89*