

1. Complete the text using the following. Write the letter in the line.

- A) such as candy and soda, can cause your blood sugar
- B) the role food plays in affecting
- C) may help relieve mood disorders
- D) helps to ensure that your body has a

2. Circle T for true, F for false and DS if the information is not given in the text.

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|--|------------|
| a) Some foods have positive effect on our mood. | T / F / DS |
| b) There hasn't been any research on what food is good. | T / F / DS |
| c) Eating at the same time every day is a healthy thing to do. | T / F / DS |
| d) You must eat something every three hours. | T / F / DS |
| e) If you leave home without breakfast, you might eat more at lunch. | T / F / DS |
| f) Taking too much sugar makes your blood sugar go up and down. | T / F / DS |
| g) Doctors suggest that you eat junk food regularly. | T / F / DS |
| h) Proteins must take up half of your diet. | T / F / DS |

3. Answer the questions about you.

- a) Which of the above suggestions do you follow?

- b) What's your favourite food and what is something that you never eat?
