

NAME: _____

DATE: _____

Extra Reading Comprehension Exercises
(Unit 4, page 46)

COMPREHENSION QUESTIONS

A. Look at the Reading on page 46 and complete the sentences.

1. One super-sized fast-food meal can have more calories than you should eat in a _____.
a. week b. day c. long time
2. Sharing a meal with someone is _____ expensive.
a. less b. more c. too
3. When you get fast food, you should skip the _____.
a. veggies b. yogurt c. fries
4. Your brain needs _____ minutes to know your stomach is full.
a. thirty b. twenty c. ten
5. If you eat _____, you will eat less food.
a. fat b. slowly c. healthy
6. _____ is a healthy dessert.
a. Low-fat frozen yogurt b. Cake c. A cookie

CRITICAL THINKING

B. Check the statements that are probably true according to the Reading. Explain your choices using information from the Reading.

- ☐ 1. Eating fast food every day can be OK.

- ☐ 2. The breading is what makes fried foods have so many calories.

- ☐ 3. Eating more slowly can help you maintain a healthy weight.
