

## **Select Readings, Second Edition**

### **Upper-Intermediate, Chapter 7 Test**

Read the passage and answer the questions that follow.

#### **Thriving on Mini-Meals**

The United States has the highest percentage of overweight people on the planet. The statistics are staggering. It is estimated that over 60 percent of adults in the U.S. are overweight, and of those, nearly half can be considered obese. Eating disorders are common in a country where the average intake of calories is reaching 4,000 per day.

In an attempt to lose weight, many Americans try all sorts of extreme diet plans, only to end up banging their heads against the wall. The majority of people, who start on extreme diets, normally give up after only a short time. Of those that actually stick with the program and lose some weight, most gain it back within a couple of months.

So how can Americans fight the battle against obesity? One group of experts suggests that by simply eating six small meals every day, anyone can lose weight, have fewer cravings<sup>1</sup> and successfully maintain a healthy lifestyle.

The idea is simple: A person eats six small meals a day, instead of the traditional three large meals a day. By eating six small meals throughout the day, a person does not experience bouts of extreme hunger. This prevents our natural cravings for sugar and carbohydrates. The six mini-meals maintain the body's blood sugar level, which also prevents food cravings.

#### **How Big Are the Meals?**

First off, each meal should consist of healthy, low-fat food items. There are several ways to determine how much food you should eat in a day. You can decide a daily calorie intake goal and then divide that by six. However, some people find that counting calories is one of the main reasons they cannot stick to more conventional diet programs. Instead, they focus on keeping the mini-meals small, balanced, and low fat. A general rule-of-thumb is that each meal should have one portion each of protein, carbohydrates, and vegetables, and that each portion should be no larger than your own fist.

#### **Eat a Balanced Diet**

As mentioned, it is important to remember to keep each meal balanced. To some people, eating mini-meals can feel like eating six snacks a day. It is important that you do not think of the mini-meals as snacks. They should be thought of as small meals. Pay attention to what you eat, so that you can make sure to eat a balanced diet that contains foods from all of the food groups. Try to choose low-fat items from each of the food groups and you won't go wrong.

#### **Enjoy Eating**

Eating the mini-meals does not mean that you cannot eat most of your favorite foods. You can and should eat your favorite meals, just in smaller amounts. Of course, there are some foods that are best to avoid, and you may find that some alternatives are even tastier.

#### **Getting Results**

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<sup>1</sup> **cravings** strong desire to eat

Of the thousands of people who have made the switch to mini-meals, the results seem to be extremely positive. The majority of people have lost weight, kept the weight off, and started on their way to a healthier lifestyle.

1. A person trying to lose weight should eat \_\_\_\_\_.
  - A. six small meals a day
  - B. three large meals a day
  - C. four large meals a day
  - D. five small meals a day
2. True or false? Over 60 percent of Americans are obese.
  - A. True
  - B. False
3. Which of the following is true? You should think of the mini-meals as \_\_\_\_\_.
  - A. small snacks
  - B. large meals
  - C. small meals
  - D. large snacks
4. True or false? You cannot eat your favorite foods when you're on a diet.
  - A. True
  - B. False
5. The main idea of the article is \_\_\_\_\_.
  - A. exercise is the key to losing weight
  - B. it doesn't matter what you eat as long as the portions are small
  - C. larger meals eaten less often is the key to losing weight
  - D. smaller meals eaten more often is the key to losing weight
6. Each meal should consist of \_\_\_\_\_.
  - A. mostly vegetables
  - B. vegetables and protein
  - C. vegetables, protein, and carbohydrates
  - D. vegetables and carbohydrates
7. Which statement best summarizes the last paragraph?
  - A. Most people using this approach show long-term success.
  - B. The majority of people eating mini-meals find the portions too small.
  - C. Fad diets work just as well as eating mini-meals.
  - D. Most people using this approach gain the weight they lost back quickly.
8. In the first paragraph, the word 'staggering' means \_\_\_\_\_.
  - A. important
  - B. predictable
  - C. shocking
  - D. not supported by research
9. The reason that the six small meals a day approach works is that \_\_\_\_\_.
  - A. it helps maintain a constant blood sugar level
  - B. you think about eating more
  - C. you spend more time eating
  - D. your food cravings increase
10. True or false? The author says that counting calories doesn't work for most people who are trying to lose weight.
  - A. True
  - B. False