

# Let's Practice some reading comprehension

Reading comprehension is a very important part of learning a new language and practicing is essential to develop this skill



Our teacher Ella has created this exercise so that you can practice... This exercise is for students Beginners and up... If you have questions please post them and she will reply as soon as she can...

Now start practicing...

## I. Let's learn new words!

Match each word in column A with its correct meaning in column B

A

1. weight
2. meat
3. research
4. researchers
5. linked
6. processed
7. "slimmers"
8. cutting down

B.

- a. something that is prepared
- b. reducing or decreasing
- c. people who are on a diet
- d. people who do the research
- e. a study or investigation
- f. the flesh of animals used as food
- g. anything that is connected
- h. mass or heaviness



Let's check the right answers!

Correct answers:

1: h	3: e	5: g	7: c
2: f	4: d	6: a	8: b



*Did you get all the correct answers?*

*Now, read the article below where you can see the words that you learned above.*



*Remember to read it out loud so you can practice your pronunciation.*



## **II. Let's Read!**

### **'Cut down on meat to keep a healthy weight'**

The **researchers** say that eating less **meat** may be the key to keeping a healthy weight.

A European study of almost 400,000 adults says that eating meat is **linked** with weight gain, even in people taking in the same number of calories.

The Imperial College of London says that **processed** meat, such as sausages and ham, has the strongest association.

It suggests that high-protein diets may not help “**slimmers**” in the long run.

According to the researchers, the findings, published in the American Journal of Clinical Nutrition, also support public health messages advocating **cutting down** on the amount of meat we eat.

The **research** looked at data from adults taking part in a large project looking at the link between diet and cancer.

At the start of the research, they asked the participants from 10 European countries, including the UK, to weigh and measure their weight. Five years later, the participants reported their **weight**.

They also filled in a detailed food questionnaire.

The researchers conclusion is that meat consumption was associated with weight gain in both men and women.



To lose weight is not easy. Whatever diet we do, we have to remember that exercise, a balanced diet and being happy are the keys to living a healthy and productive life.

*Excellent reading!*

*Now, let's see what you learned in the article by doing the exercises below:*

### **III. Let's check what you learned!**

True or False:

- \_\_\_ Eating less meat may be the key to a healthy weight.
- \_\_\_ Processed meat has the strongest association with weight gain.
- \_\_\_ High protein diets can help the "slimmers" in the long run.
- \_\_\_ There aren't participants from the UK.
- \_\_\_ Meat consumption is not associated with weight gain.

Multiple Choice:

1. How many adults said that there is a link between weight gain and eating meat?  
a. four hundred thousand    b. forty thousand    c. four thousand
2. How many European countries participated?  
a. fifteen    b. ten    c. one
3. What is the key to keeping a healthy weight?  
a. eating proteins    b. eating more meat    c. eating less meat
4. What is the key to living a healthy life?  
a. balanced diet    b. exercise    c. being happy    d. all of the above

*Well done! You answered all the questions.*

*The correct answers will be posted soon.... Watch out!!!*

*See you!*