

COMPREHENSION-7

Modern food has become our enemy. We have become so slavish to taste and presentation that we eat food for its entertainment value, not for its nutritional benefit. Even as health awareness is increasing, the variety of junk and nutrition less food is also increasing. Pasta, noodles, white rice, white bread and flour based products like pizzas, burgers, naan and rumali roti are the main options in Italian, Chinese and Indian cuisines. People are trying to loss weight by eating less in the day, so that they can accommodate such foods in the night. They skip breakfast and lunch so that they can satisfy their taste buds in the night with a family dinner. Perfect health, however, cannot be achieved by a process of eating less and not eating.

Answer the following questions with the help of the above passage:

1. Now a days we eat food for its _____.

- a. food value b. entertainment value c. nutritional value

2. Flour based products are _____

- a. burger b. pizza c. both a and b

3. Perfect health cannot be achieved by _____.

- a. eating less b. not eating c. both a and b

4. Modern food has become our _____

- a. enemy b. friend c. both a and b

5. People are trying to loss weight by eating less in _____

- a. night b. day c. evening

6. To satisfy their taste buds at night people skip their _____

- a. breakfast b. dinner c. both a and b

7. The word 'perfect' is a/an _____

a. adjective b. adverb c. noun

8. Antonym of 'disadvantage' is _____

a. perfect b. benefit c. skip

9.