



Cherry is reading a news report about overeating.

Feature

Youth Daily

30<sup>th</sup> November, 20XX

## Overeating at festivals

By Adam Jones

Having a big feast is a common way to celebrate festivals. However, people often let their guards down and tend to eat more than they need when the atmosphere is exceptionally cheerful.

At Dragon Boat Festival, it is a part of the customs to eat rice dumplings. In fact, they are high in calories and cholesterol. Glutinous rice, the main ingredient of rice dumplings, is hard to digest and it puts a burden on people's stomachs.

To keep up with the tradition, people eat moon cakes which are high in fat and sugar at Mid-Autumn Festival. Most of them are unaware that a moon cake a day is already too much.

How about during the World Cup or the Olympics? Can you imagine how many packets of potato chips or nuts are consumed?

We all know the pleasure of munching on a packet of chips or pigging out on a tub of ice cream,

especially when having a party. Overeating, however, can lead to many health problems, such as heartburn, diarrhoea and obesity. We ought to control ourselves in celebrations.

Eat wisely and indulge yourselves carefully!



*Eating too many snacks can easily cause stomachaches.*

### Choose the best answers by blackening the circles.

- The main purpose of the news report is to \_\_\_\_\_.  
 A. warn people about snacking  
 B. ask people to eat the right amount  
 C. promote healthy diets  
 D. stop people from eating out at festivals
- Which of the following does **NOT** mean 'to eat'?  
 A. consume  
 B. munch  
 C. pig out  
 D. indulge



Q2

Locate each word in the text and read the sentences with the words carefully.

### Complete what Cherry said below.

- People are (a) \_\_\_\_\_ that they are overeating at festivals as they are in a (b) \_\_\_\_\_ mood. I think we should not (c) \_\_\_\_\_ ourselves too much no matter how happy we are.



- According to the news report, people should not overeat festive foods because they are \_\_\_\_\_. (Choose more than one answer.)  
 A. too fatty  
 B. too sweet  
 C. too salty  
 D. too hard to digest