

# Revision 3

Listen!



You are Gary. You are reading an article about food pyramids.

## The Lesser-known Food Pyramid

In 2005, the American government released a new food pyramid to teach people how to eat healthily from a greater variety of food groups. The old food pyramid has only four food groups, while the new one has six.

5 groups. The old food pyramid has only four food groups, while the new one has six.

The old food pyramid, which focuses on the fixed daily intakes

10 of different food groups, does not work for everyone. The reason is that which food group should make a greater proportion of one's diet depends on one's

15 lifestyle and exercise habits. It also depends on whether one is trying to lose or gain weight. Therefore, it fails to cater to the needs of different individuals.

20 The new food pyramid has a range of suggested intakes for each food group. For example, if one wants to gain weight, one should go for the suggested



25 maximum intake of protein. If losing weight is one's goal, one should then refer to the suggested minimum intake of protein. In view of the new food pyramid's greater flexibility, some

30 people consider it a better dietary guide.

Despite the positive reviews of the new pyramid, it is somehow still the lesser-known one. Nonetheless, with this new pyramid, people who want to make adjustments to their diet are given clearer guidelines and insights into working out the best diet plans for themselves.

## Part A

Answer the following questions using information from the article. Choose the **BEST** answer and blacken **ONE** circle only.

- The article is mainly about \_\_\_\_\_.
  - A. the food pyramid that most Americans follow
  - B. different food groups
  - C. a new food pyramid which has two more food groups
  - D. some of the latest American diet plans
- Which of the following is **TRUE** about the old food pyramid?
  - A. It includes a total of six food groups.
  - B. It mainly focuses on the daily intake of protein.
  - C. It is no longer relevant in today's world.
  - D. It does not consider people's lifestyles or their exercise habits.
- In line 28, 'In view of' can best be replaced by '\_\_\_\_\_'.
  - A. Therefore
  - B. Considering
  - C. As well as
  - D. In addition to
- What does 'it' in line 30 refer to?
  - A. the intake of protein
  - B. people's judgement
  - C. the greater flexibility
  - D. the new food pyramid
- Which of the following may be an alternative title of the article?
  - A. The Importance of Variety
  - B. What Do the Americans Eat Every Day?
  - C. A More Thoughtful Dietary Guide for Everyone
  - D. Staying Slim in the 21<sup>st</sup> Century

## Part B

Answer the following questions using the information from the article. Write your answers in the spaces provided.

1. Name the six food groups in the new food pyramid.

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2. Find a word that means 'people'.

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3. How does the new food pyramid help people come up with more balanced diet plans?

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4. Has there been anyone who appreciates the new food pyramid?

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5. Read each of the following statements and judge whether it is in favour of the new food pyramid. If it is, put a tick (✓) in the box next to the statement. If it is not, put a cross (✗).

(a) 'It looks different. But its content isn't very different from the old one's. I don't understand why it is called new.'

(b) 'As a nutritionist, I like that the new one includes physical activity as a factor to consider. It is a key factor.'

(c) 'I've been overweight for years. With this pyramid, I'm more confident that I can design a better diet plan for myself.'

(d) 'It is divided into more categories and it offers more tips on diet planning. What is bad about it?'

## Part C Vocabulary

Complete the blog entry by filling in the blanks with the words provided. One of the words is not used.

bat      skinny      chubby      podium      energy bars  
fit      medals      muscular      cleats

### How to lose weight by playing sports?

You might not believe that I was ❶ \_\_\_\_\_ three years ago. I was short and fat in a way that people usually find lovely. So what have I done over these years to become as ❷ \_\_\_\_\_ as I am now? I have simply made playing baseball a part of my life.

At the very beginning, I decided to lose weight so I enrolled in a baseball course. Before the first lesson, I went to a sports equipment shop with my father. I chose a pair of ❸ \_\_\_\_\_, and my father chose a ❹ \_\_\_\_\_ for me so I would not have to borrow one from others. He wanted me to have my own equipment and better enjoy the sport. He also bought me some ❺ \_\_\_\_\_ from the supermarket so I could have something to energise myself during breaks. I felt so touched.

As time went by, I became much more interested in baseball and joined the school's baseball team! Two years ago today, our team took part in an interschool baseball competition and won the championship! I still remember vividly standing on the ❻ \_\_\_\_\_ and receiving the ❼ \_\_\_\_\_ from the guest. What a memorable day!

Baseball has brought me many invaluable things: beautiful friendships, unforgettable moments and a ❽ \_\_\_\_\_ body! I hope my experience can somehow inspire you!

posted at 9:45pm

3 comments