

Listen!



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Chocolate

Let's Think

1. Do you like eating chocolate? Why or why not?
2. How do you feel when you are eating chocolate?

You are Adrian. You are reading an article about chocolate in a magazine.

Chocolate: Good or Bad?



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Chocolate has been one of the most popular types of food around the world for centuries. As chocolate causes our brains to release endorphins (chemicals that relieve pain and boost happiness), it is believed that eating chocolate may help reduce the perception of pain and bring emotional comfort. Together with its sweet and slightly bitter taste, sometimes it is really hard to resist. Interestingly, it can be a habit-forming substance that makes you think of it all the time!

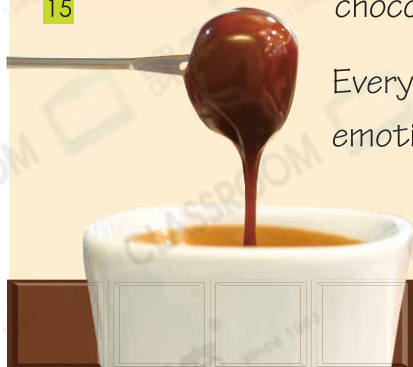
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According to a survey, most chocolate addicts are likely to be in a negative mood when they have not consumed the snack for a while. In worse scenarios, they may even feel anxious and find it difficult to concentrate on tasks that require close attention, such as reading newspapers. This may sound exaggerated, but it has been confirmed by scientific research that the caffeine in chocolate may cause addiction.



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Every rose has its thorn. While chocolate can be a source of emotional relief and happiness, it can sometimes be an addictive drug. Therefore, those who have a sweet tooth should consume chocolate with caution!



(183 words)

Part A

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

1. What does 'its' in line 6 refer to?
 A. chocolate
 B. chocolate's
 C. endorphins
 D. endorphins's
2. In line 7, the word 'habit-forming' means '_____'.
 A. dangerous
 B. confusing
 C. daily
 D. addictive
3. Which of the following is **TRUE** about chocolate?
 A. Chocolate may cause pain.
 B. Chocolate is eaten by many people who are mentally unfit.
 C. Chocolate contains caffeine, which may cause addiction.
 D. Chocolate should be seen as a medicine.
4. The proverb 'Every rose has its thorn' can best be replaced by '_____'.
 A. Some people like chocolate while some people do not
 B. All sweet snacks should be avoided
 C. Every good thing has something negative about it
 D. People either hate chocolate or are crazy about it
5. This article is the most likely to appear in the _____ section of a newspaper.
 A. local news
 B. lifestyle
 C. sports
 D. advertisements

Grammar Corner

Countable nouns are nouns that can be counted. They can be used in the singular and the plural.

e.g. addict(s) (Line 9)

Uncountable nouns are nouns that cannot be counted or quantified. They do not have plural forms. They are usually words that we use for substances, abstract concepts, qualities etc.

e.g. caffeine (Line 14)

Pay attention to which adjective in the options best fits the passage's context.

Part B

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

1. What are endorphins? Where do they come from?

2. Chocolate addicts may be _____ when they stop eating chocolate for a few hours.

- A. insensitive to pain B. easily annoyed
 C. easily amused D. more alert to dangers

3. Find a noun that means 'situations that could possibly happen'.

4. What tasks may chocolate addicts have difficulty focusing on when they stop eating chocolate? Give two examples.

 5. Decide whether each of the following statements is a **fact (F)** or an **opinion (O)**. Put a tick (✓) in the appropriate column.

Statement	F	O
(a) Endorphins have positive effects on us.		
(b) Most teenagers think chocolate is the best snack.		
(c) The studies on caffeine are informative and interesting.		
(d) There has been scientific research into chocolate.		
(e) It is the caffeine in chocolate that may turn a person into a chocolate addict.		

Vocabulary Bank

The following are some snacks. Match them with the correct pictures. One of the words is not used.

crackers

cereal bars

cheese puffs

popcorn

muffins

seaweed

raisins

mixed nuts

marshmallows



1.



2.



3.



4.



5.



6.



7.



8.



Let's Discuss

1. What snacks do you usually eat? Why do you choose these snacks?
2. Apart from eating certain foods, what else can you do to stimulate the release of endorphins?