



# Maximize Health Benefits with an Early Dinner: Guide to Success

## Description

There exists a dichotomy in the realm of dining habits, with the night owls shunning the stove until half past eight, preferring to dine out when the late-night scene is in full swing. On the other hand, the hangry individuals detest late dinner reservations and advocate for an early meal well before dusk. As my mother astutely observes, why endure hours of hunger just to align with the trendy crowd?

Recent trends in dining schedules indicate a shift towards earlier dinner times. According to Resy, a popular online reservation platform, more people are opting for 5:30 reservations in New York City, with a decline in bookings for 8 p.m. dinners. The surge in pre-5 p.m. dinner reservations last year, as reported by Yelp, highlights this evolving dining landscape, offering more flexibility and availability at esteemed restaurants that are typically fully booked weeks in advance.

Regardless of where one falls on the spectrum of preferred dining times, there is a compelling argument for the health benefits of an early dinner. Eating earlier may aid in preventing heartburn and acid reflux, as it allows ample time for digestion before bedtime, promoting overall well-being. Moreover, making healthier food choices becomes more feasible with an early dinner, steering individuals away from mindless snacking on processed foods.

The merits of an early dinner extend beyond physical health, encompassing social well-being as well. By dining earlier, individuals can enjoy quality time with loved ones and foster meaningful connections over a shared meal. Embracing a 5:30 p.m. dinner routine may not only enhance one's health but also enrich their social experiences, offering a holistic approach to wellness.

## Vocabulary List:

1. **Dichotomy** /daɪˈkɒtəmi/ (noun): A division into two mutually exclusive or contradictory groups or entities.
2. **Shunning** /ʃʌniŋ/ (verb): To deliberately avoid or keep away from someone or something.
3. **Advocate** /ˈædvəkeɪt/ (verb): To support or argue for a cause policy or proposal.
4. **Compelling** /kəmˈpɛlɪŋ/ (adjective): Evoking interest attention or admiration in a powerfully irresistible way.
5. **Digestion** /daɪˈdʒɛstʃən/ (noun): The process by which the body breaks down food into substances that can be absorbed and used.
6. **Holistic** /həʊˈlɪstɪk/ (adjective): Characterized by the belief that the parts of something are interconnected and can only be understood in relation to the whole.

## Comprehension Questions



### Multiple Choice

1. What is a common dining habit of night owls?  
Option: Shunning the stove until half past eight  
Option: Opting for early meal well before dusk  
Option: Dining out when the late-night scene is in full swing  
Option: Avoiding trendy crowds
  
2. According to recent trends what reservation time is becoming more popular in New York City?  
Option: 12 p.m.  
Option: 3:30 p.m.  
Option: 5:30 p.m.  
Option: 8 p.m.
  
3. What health benefits are associated with eating an early dinner as mentioned in the text?  
Option: Reduced risk of heartburn and acid reflux  
Option: Increased likelihood of overeating  
Option: Improved sleeping patterns  
Option: Enhanced metabolism
  
4. Why might making healthier food choices be more feasible with an early dinner?  
Option: Leads to feeling hungrier and craving unhealthy snacks  
Option: Allows time for better meal planning and preparation  
Option: Increases the temptation for processed foods  
Option: Results in skipped meals
  
5. How does dining earlier contribute to social well-being as mentioned in the text?  
Option: Encourages solo dining experiences  
Option: Enhances experiences with trendy crowds  
Option: Allows more time for quality interactions with loved ones  
Option: Promotes isolation
  
6. What is a potential outcome of embracing a 5:30 p.m. dinner routine?  
Option: Increased risk of heartburn  
Option: Enhanced health and social experiences  
Option: Higher likelihood of indigestion  
Option: Decreased appetite



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## Answer

**Multiple Choice:** 1. Dining out when the late-night scene is in full swing 2. 5:30 p.m. 3. Reduced risk of heartburn and acid reflux 4. Allows time for better meal planning and preparation 5. Allows more time for quality interactions with loved ones 6. Enhanced health and social experiences

## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. What is a unit used to measure the energy content of food?  
Option: Kelvin  
Option: Calorie  
Option: Decibel  
Option: Ampere
2. Which term refers to the chemical processes that occur within a living organism to maintain life?  
Option: Metamorphosis  
Option: Metabolism  
Option: Melatonin  
Option: Molecule
3. What is defined as the sudden increase in the occurrence of a disease in a specific geographic area?  
Option: Outburst  
Option: Outbreak  
Option: Outcome  
Option: Outrage
4. Which term describes a sudden and large increase in something especially a disease?  
Option: Swivel  
Option: Surge  
Option: Swoop  
Option: Swathe
5. What term refers to the ability of a disease to be transmitted among individuals?  
Option: Tranquility  
Option: Translucency  
Option: Transmissibility  
Option: Transection



6. Which approach considers the whole person including physical mental and social aspects?

- Option: Hypothetical
- Option: Holographic
- Option: Holistic
- Option: Hydraulic

7. What term describes a disease that can spread from person to person?

- Option: Cautious
- Option: Contagious
- Option: Curious
- Option: Courageous

8. What is false or inaccurate information that is spread unintentionally?

- Option: Disinformation
- Option: Misinformed
- Option: Misinterpreted
- Option: Misinformation

9. What is the process of providing or obtaining the food necessary for health and growth?

- Option: Nourishment
- Option: Nutcracker
- Option: Nutrition
- Option: Nomenclature

10. What term describes the degree to which a substance can damage an organism?

- Option: Tenacity
- Option: Toxicity
- Option: Tranquility
- Option: Timidity

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. \_\_\_\_\_ represents the total amount of energy that a person uses in a day.

12. Individuals who have been exposed to a contagious disease may be \_\_\_\_\_ to prevent the spread.

13. The evidence presented in the case was so \_\_\_\_\_ that the jury had no choice but to convict the defendant.

14. \_\_\_\_\_ is the process by which the body breaks down food into nutrients that can be



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absorbed.

15. Regular exercise and a balanced diet are essential for overall health and \_\_\_\_\_

16. The concept of nature versus nurture highlights the \_\_\_\_\_ between genetic inheritance and environmental influence.

17. Some athletes use protein shakes as a \_\_\_\_\_ to their diet to enhance muscle recovery.

18. A social worker may \_\_\_\_\_ for policies that benefit marginalized communities.

19. A lack of funding can greatly \_\_\_\_\_ scientific progress in medical research.

20. The rapid \_\_\_\_\_ of information through social media can sometimes lead to the spread of false news.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**



21. A sudden and serious event requiring immediate action to handle.
22. Pressure or tension on an object system or individual.
23. Deliberately avoiding ignoring or rejecting someone.
24. Able to be transmitted from one person to another.
25. A disease that can be transmitted between animals and humans.
26. Restraining or controlling something to limit or prevent its growth.
27. Attempting to sell promote or praise something.
28. The amount by which something is too small or less than what is needed.
29. A person who publicly supports or recommends a particular cause or policy.
30. Create difficulties for someone or something resulting in delay or obstruction.

## Answer

**Multiple Choice:** 1. Calorie 2. Metabolism 3. Outbreak 4. Surge 5. Transmissibility 6. Holistic 7. Contagious 8. Misinformation 9. Nutrition 10. Toxicity

**Gap-Fill:** 11. E expenditure 12. Quarantined 13. Compelling 14. Digestion 15. Well-being 16. Dichotomy 17. Supplementation 18. Advocate 19. Hinder 20. Dissemination

**Matching sentence:** 1. Emergency 2. Strain 3. Shunning 4. Infectious 5. Zoonotic 6. Curbing 7. Touting 8. Deficit 9. Advocate 10. Hinder

## CATEGORY

1. Health - LEVEL5

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