



New Study Uncovers Health Risks of Fasting

Description

A new study has found that eating more fruits and vegetables can improve mental health. Researchers from a university in Australia looked into how diet affects people's well-being. They discovered that people who ate more fruits and vegetables felt happier and more content with their lives.

The study involved over 1,000 adults who were asked about their eating habits and mental health. The participants kept track of their diets and moods over several weeks. The researchers found that those who ate at least five servings of fruits and vegetables each day reported better mental health. These individuals felt less stressed and more satisfied with their lives compared to those who ate fewer fruits and vegetables.

Fruits and vegetables contain essential vitamins and minerals that are important for brain health. They are also high in fiber, which helps keep the digestive system healthy. This can lead to improved overall health and well-being. Moreover, these foods are often low in calories, making them a good choice for people who want to maintain a healthy weight.

The researchers suggest that eating more fruits and vegetables might be a simple and effective way for people to improve their mental health. They encourage people to include a variety of colorful fruits and vegetables in their diets every day. Simple changes, like eating an apple with breakfast or a salad with lunch, can make a big difference.

In conclusion, this study shows that eating more fruits and vegetables can help people feel better mentally. By making small changes in their diets, people can potentially improve their happiness and quality of life.

Vocabulary List:

1. **Well-being** /'wel.bi:ɪŋ/ (noun): A state of comfort health or happiness.
2. **Participants** /pɑ:'tɪsɪpənts/ (noun): Individuals who take part in an activity or study.
3. **Essential** /ɪ'senʃəl/ (adjective): Absolutely necessary; extremely important.
4. **Satisfied** /'sætɪsfɑɪd/ (adjective): Content; pleased or happy with something.
5. **Digestive** /daɪ'dʒestɪv/ (adjective): Relating to the process of breaking down food in the body.
6. **Variety** /və'raɪəti/ (noun): A number of different types or kinds.

Comprehension Questions



Multiple Choice

1. How can eating more fruits and vegetables affect mental health?
 - Option: Decrease happiness levels
 - Option: Increase stress levels
 - Option: Lead to feeling happier and more content
 - Option: Have no impact on mental health

2. What is one benefit of fruits and vegetables for brain health?
 - Option: High sugar content
 - Option: Essential vitamins and minerals
 - Option: No nutritional value
 - Option: Increased cholesterol levels

3. How many servings of fruits and vegetables per day were associated with better mental health in the study?
 - Option: 2-3 servings
 - Option: 3-4 servings
 - Option: 5 servings
 - Option: 6 servings or more

4. What do researchers suggest as a simple way to improve mental health?
 - Option: Eating more processed foods
 - Option: Including a variety of colorful fruits and vegetables in daily diet
 - Option: Skipping meals
 - Option: Eating only meat and dairy products

5. What aspect of fruits and vegetables can aid in weight management?
 - Option: High calorie content
 - Option: High fat content
 - Option: High fiber content
 - Option: Empty calories

6. What is highlighted as a key benefit of adding fruits and vegetables to one's diet?
 - Option: Weight gain
 - Option: Improved mental health
 - Option: Decreased physical activity
 - Option: Slower metabolism



True-False

- 7. Eating more fruits and vegetables can have a positive impact on mental health according to the study.
- 8. Fruits and vegetables are low in essential vitamins and minerals.
- 9. Including colorful fruits and vegetables in one's diet is not recommended by researchers for mental health improvement.
- 10. Fruits and vegetables are typically high in calories, making them unsuitable for weight management.
- 11. Eating at least five servings of fruits and vegetables daily is associated with better mental health outcomes.
- 12. Adding an apple with breakfast or a salad with lunch is not seen as impactful on mental health improvement by researchers.

Gap-Fill

- 13. Fruits and vegetables are high in _____, which helps keep the digestive system healthy.
- 14. Researchers found that those who ate at least five servings of fruits and vegetables each day reported better mental health compared to those who consumed _____ servings.
- 15. The study involved over 1,000 adults who were asked about their eating habits and _____.
- 16. Eating more fruits and vegetables might be a simple and effective way for people to improve their _____.
- 17. Simple changes, like eating an apple with breakfast or a salad with lunch, can make a big _____.



18. By making small changes in their diets, people can potentially improve their _____ and quality of life.

Answer

Multiple Choice: 1. Lead to feeling happier and more content 2. Essential vitamins and minerals 3. 5 servings 4. Including a variety of colorful fruits and vegetables in daily diet 5. High fiber content 6. Improved mental health

True-False: 7. True 8. False 9. False 10. False 11. True 12. False

Gap-Fill: 13. fiber 14. fewer 15. mental health 17. difference 18. happiness

Vocabulary quizzes

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

1. What structures are typically built to store water?
Option: Houses
Option: Dams
Option: Schools
Option: Factories
2. What term refers to the surroundings in which an organism operates and interacts?
Option: Infrastructure
Option: Environment
Option: Economy
Option: Technology
3. What is the contamination of the environment with harmful substances known as?
Option: Purification
Option: Pollution
Option: Fertilization
Option: Irrigation
4. What process involves returning something to its former condition?
Option: Destruction
Option: Conservation
Option: Restoration
Option: Disposal



5. What layer of gases surrounds the Earth?

- Option: Crust
- Option: Atmosphere
- Option: Mantle
- Option: Core

6. A group of people living in the same place or having a particular characteristic in common is known as a:

- Option: Herd
- Option: Community
- Option: Pack
- Option: Flock

7. What term describes the state of being comfortable healthy or happy?

- Option: Distress
- Option: Well-being
- Option: Misery
- Option: Sorrow

8. What word refers to a number of different types of things or people?

- Option: Monotony
- Option: Uniformity
- Option: Regularity
- Option: Variety

9. The state or fact of continuing to live or exist typically in spite of an accident or ordeal is known as:

- Option: Survival
- Option: Extinction
- Option: Demise
- Option: Death

10. Who has the power or right to give orders make decisions and enforce obedience?

- Option: Authorities
- Option: Citizens
- Option: Rebels
- Option: Refugees

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

11. The new hotel boasts state-of-the-art _____ to make guests feel comfortable during their stay.



12. In case of an _____ please follow the evacuation procedures immediately.
13. After the earthquake the region experienced aftershocks in the form of continued _____.
14. It is always wise to stay _____ for unforeseen events.
15. Probiotics can promote a healthy _____ system by aiding in food breakdown.
16. The artist felt _____ to create beautiful paintings after visiting the art gallery.
17. After a sumptuous meal the diners were _____ with the delicious food.
18. The political candidate held a _____ to gather support from the community.
19. The fans _____ slogans to cheer on their favorite team during the match.
20. Drinking enough water is _____ for maintaining good health.

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

21. The news about the pandemic was alarming and caused significant worry among the population.
22. The new software helped the company process orders and manage inventory in a more productive manner.
23. The town hall meeting was scheduled to allow residents to come together and discuss important community issues.
24. Oxygen is a element for sustaining life on Earth.
25. The conference had over 500 from various countries sharing their research and findings.
26. Protecting the is crucial for the well-being of future generations.
27. The motivational speaker left the audience feeling ready to pursue their dreams.
28. The rapid rate of in the Amazon rainforest is a cause for global concern.
29. The drive along the coast offered breathtaking views of the ocean and cliffs making it a route.



30. The local urged residents to evacuate the area due to the approaching hurricane.

Answer

Multiple Choice: 1. Dams 2. Environment 3. Pollution 4. Restoration 5. Atmosphere 6. Community 7. Well-being 8. Variety 9. Survival 10. Authorities

Gap-Fill: 11. Facilities 12. Emergency 13. Tremors 14. Prepared 15. Digestive 16. Inspired 17. Satisfied 18. Rally 19. Chanted 20. Essential

Matching sentence: 1. Concerning 2. Efficiently 3. Gather 4. Vital 5. Participants 6. Environment 7. Inspired 8. Deforestation 9. Scenic 10. Authorities

CATEGORY

1. Health - LEVEL3

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Author

aimeeyoung99

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