



Grade & Section: 10 () Worksheet Number (2)

Unit: Three

Student's Name: _____

Date: __ / 9 /2025

Skill/Lesson: Reading Comprehension – Can you eat yourself happy? Pages S.B30+31

Outcome: To Locate specific information (scanning) and understand general ideas (skimming).

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1. What role does the food we eat play in affecting both our physical health and our moods?
Food plays a key role in both areas: it affects our physical health by influencing weight, energy, and disease risk, and it also impacts our moods—healthy foods can lift our spirits, while unhealthy ones may leave us feeling low or anxious.
2. In what ways does this statement ‘flavor can be a powerful conductor of memories and emotions’ deepen our understanding of the connection between sensory experiences and human memory? Provide examples to support your explanation.
It shows that taste and smell are strongly linked to memory and emotions. A flavour can bring back past experiences and the feelings we had then. For example, the smell of fresh bread can make us feel the warmth and happiness of family breakfasts.
3. “Smell is considered to be the most influential sense in flavor appreciation” Justify this statement using evidence from daily life or research.
Smell is the most influential sense because it is directly linked to the brain areas that process memory and emotions. For example, when we have a cold and our nose is blocked, food tastes bland, showing how much smell shapes flavor.
4. There are some ways in which food can make us happy. Explain referring to the passage?
Delicious food excites the brain’s reward system, which creates feelings of desire and anticipation. When we eat something tasty, our brain releases hormones that give us pleasure which is an important part of happiness.
5. “Tasty food is considered one of the most universal routes to pleasure”. In two sentences, comment on the previous sentence providing real-life examples .
Tasty food brings instant joy because it stimulates our brain’s reward system. For example, eating chocolate can lift our mood, and enjoying a warm slice of pizza with friends often makes us feel happy and satisfied.

6. What does the author mean by "the neuroscience of happiness"?
By "the neuroscience of happiness," the author means the scientific study of how the brain creates and controls feelings of happiness, such as the role of pleasure, reward, and hormones in making us feel good.
7. "Hormones play an important role in the sensation of pleasure when eating" What role do they play?
They produce the sensation of pleasure and satisfaction when we eat tasty food.
8. According to the text, what negative effects can overconsumption of unhealthy foods have on our bodies?
Overconsumption of unhealthy foods can interfere with the brain's reward system, cause people to feel low, and lead to greater depression, cognitive difficulties, and fatigue.
9. In the study mentioned in the text, what were the two groups of participants given as their teatime snacks?
In the study, one group was given crisps and chocolate, while the other group was given fruit as their teatime snacks.
10. What were the results of the study in terms of the participants' mental well-being?
Those who ate crisps and chocolate experienced greater depression, cognitive difficulties, and fatigue, while the ones who ate fruit had lower anxiety, depression, and distress.
11. **Clarify** how cooking differs from simply eating food, and justify why this distinction is important according to the text.
It involves preparing, planning, and creating a dish, not just consuming it which provides a sense of meaningfulness and care for others.
12. According to Mark Salter, why is the preparing, sharing, and consuming of food so precious? What is your own **opinion** concerning that?
Because it lies slap at the heart of what it means to be human; to love, relate, plan, feed, enjoy, and share—it's a life skill and a way of caring for ourselves and others.
13. How does cooking take the focus away from yourself, according to the text?
When you cook you think and focus on the health and pleasure of those who will eat the food, rather than only seeking personal satisfaction.

14. What are some positive health effects of being active and working with nature? **Support** your answer with daily-life incidents from your own experience.

The health effects include better physical health, reduced anxiety, and increased happiness. For example, when I grow vegetables in my garden, I feel relaxed, energized, and satisfied.

Critical Thinking:

1. To what extent do you agree that food preparation and sharing go beyond survival and represent love, culture, and human connection? **Defend** your view with at least two points whether it's with or against.

I completely agree that food preparation and sharing go beyond survival. Firstly, cooking for someone shows love and care. Moreover, sharing traditional dishes connects people to culture and heritage. Therefore, food strengthens relationships and brings people closer.

2. **Evaluate** the benefits of eating home-prepared food in terms of health, cost, and cultural values, and then **compare and contrast** that with eating junk or unhealthy food.

Eating home-prepared food has many benefits. To begin with, it contains fresh and healthy ingredients, and it is usually cheaper, so you save money. Moreover, it reflects cultural values, as traditional recipes connect us to our heritage. In contrast, eating out or consuming junk food is costly, harms our health, and lacks cultural significance.