

### Answer Key

**Exercise 1:** Please, listen to the audio track then fill in the gaps. MISSPELLED words that RADICALLY alter the meaning are considered WRONG, e.g. *Dear John Doe/Deer John Doe*. 10 pts.

“Hello. This is 6 Minute English from BBC Learning English. I’m Sam. And I’m Rob. When someone feels sad or in a bad mood, they often try to feel better by eating their favourite food...I usually go for a (1) **peanut butter** sandwich myself.

Do you have a favourite (2) **comfort** food, Rob? Hmm, maybe a cream chocolate éclair... (3) **Comfort** food is a type of emotional eating –eating lots of food because we feel sad, not because we’re (4) **hungry**.

But unfortunately, most comfort food is high in (5) **carbohydrates** and sugar and, after a few minutes, it leaves us feeling even (6) **worse** than before. Today, scientific research into the relationship between what we eat and how we feel is growing.

In this programme we’ll be (7) **investigating** the connection between (8) **our food** and our (9) **mood**. We’ll hear how healthy eating makes us feel better, and of course, we’ll be learning some new vocabulary as well. Great!

But first I have a question for you, Sam. People who (10) **link** what we eat with how we feel make a simple argument: the food you eat supplies nutrients and energy to the (11) **brain** and the brain controls our emotions.

Now, that might sound (12) **simplistic**, but the brain is a vital link in the connection between food and our mood. So, Sam, my question is: how much of the body’s total energy is used up by the brain? Is it: a) 10 %, b) 20 %, or c) 30 %?

(13) **Hmmm**, that's a good question. I'll say it's a) 10 %. Right. Well, I'll reveal the answer later in the programme. Emotional eating is often caused by feelings of (14) **depression** anxiety or stress.

(15) **Chef** Danny Edwards, who has suffered with depression, works in one of the most (16) **stressful** places imaginable - a busy restaurant kitchen. BBC World Service programme, The Food Chain, asked Danny about his eating (17) **habits** at work:

Actually, when you’re working in a kitchen (18) **environment** for long periods, your (19) **appetite** can become suppressed because you sometimes don't want to eat, or you don't feel like you can stop and eat, and all of that. So, it very often is grabbing something

on the go which (20) **obviously**, as we know, is not great for us... So you go for something that's quick, so hence why a lot of chefs have quite a bad diet."

**Exercise 2:** Building on your listening answer the following questions.

05 pts.

- 1- Sam said: *"When someone feels sad or in a bad mood, they often try to feel better by eating their favourite food"*. Is Sam a man, a woman or a ChaBot?

**Sam is a woman.**

- 2- In a busy kitchen there's no time for a sit-down meal. So what does Danny do to eat?

**He has to grab and go / He takes something quickly (The student may choose one expression or both).**

- 3- *"So I proposed to do this for my PhD study, and everyone thought I was a bit bananas, you know, and there was quite a bit of, I guess, eye rolling maybe. I'm not surprised by that because the discipline of psychiatry was very medication and brain focused. What did people say in the field? Were they sceptical? Oh, hugely sceptical and sometimes very patronising. But this again comes from the fact that general practitioners, psychiatrists, medical specialists get almost no nutrition training through all those years of study"*. Who said that?

**Professor Felice Jacka said that.**

- 4- What is *'The Smile Trial'*?

**It is a ground-breaking research.**

- 5- Sam guessed that 10% of the body's total energy is used up by the brain. Actually, she was wrong. What is the right percentage?

**The right percentage is 20%**

**Exercise 3:** Please, answer with TRUE or False. Correct the false ones.

05 pts.

- 1- The Human brain only makes up 2 % of the total body weight.

**True**

- 2- Calling somebody bananas is slang for "gluttonous".

**False It is slang for silly or crazy.**

- 3- If you're feeling down and your brain is calling out for a donut, you might be better eating an éclair instead!

**False You might be better eating an apple instead!**

- 4- Emotional eating - that's eating too much food because of how you feel, not because you're hungry.

**True**

- 5- Food and Mood sounds a good title for the audio.

**True**

Credit to the audio owner: BBC Learning English Youtube Channel

Exam designed by Mr Reda Bouchagra. Best of Luck! Your CEO Teachers