

Instructions: Reading Set #1 gives you a letter to help you remember the word that goes in the blank. Reading Set #2 does not. If Set #1 is too easy for you, go immediately to Set #2. For the correct answers, check the reading in your textbook.

## FOOD SET #1

### 3-1: The Puffer Fish

Most people are \_\_\_\_\_ eating dangerous foods. They don't want to get \_\_\_\_\_ sick. However, there is one food that may be deadly \_\_\_\_\_, yet some people eat it on purpose \_\_\_\_\_. It's called the puffer fish.

This kind of fish, called *fugu* in Japanese, lives in the Pacific Ocean. Some people die \_\_\_\_\_ every year from eating *fugu*. In fact, the Emperor of Japan is not allowed \_\_\_\_\_ to touch it. Why? Well, the ingredients \_\_\_\_\_ of the puffer fish are very poisonous \_\_\_\_\_. They contain a poison 275 times more poisonous \_\_\_\_\_ than the deadly poison cyanide.

Usually nothing bad happens \_\_\_\_\_ when *fugu* is on the restaurant's menu. Customers feel \_\_\_\_\_ great after the meal. That's because chefs are trained to remove the insides of the puffer fish before they give it to their customers \_\_\_\_\_. If they manage \_\_\_\_\_ even a small amount \_\_\_\_\_, the fish is not safe \_\_\_\_\_ to eat.

Puffer fish is very expensive \_\_\_\_\_. A plate of *fugu* costs more than \$200 in some restaurants in Tokyo. Besides being deadly \_\_\_\_\_ to eat, the fish is very ugly \_\_\_\_\_, with spines all over its body. Also, it can puff, or blow, itself up to double its normal size \_\_\_\_\_. Why do the Japanese risk so much for such an ugly and dangerous fish? Well, some people like taking risks. And *fugu* tastes \_\_\_\_\_ wonderful!

### 3 – 2 Foods from Around the World

Foods that are well known \_\_\_\_\_ to you may not be familiar to people from other countries. Tourists and other travelers \_\_\_\_\_ almost always get \_\_\_\_\_ to taste \_\_\_\_\_ some unfamiliar food. That is part of the fun \_\_\_\_\_ of traveling. Here are four people's experiences with foreign \_\_\_\_\_ food.

Shao Wong is a student in France. He comes from China. "I'd never tasted cheese or even milk before I came here. Cattle are rare in my part of China, so there are no dairy \_\_\_\_\_ products. I drank some milk when I first arrived \_\_\_\_\_ in France. I hated \_\_\_\_\_ it! I tried cheese too, but I didn't like it. I love ice cream, though, and that's my favorite \_\_\_\_\_ from \_\_\_\_\_ milk."

Birgit is from Sweden. She traveled to Australia on vacation. "I was in a restaurant that specialized in fish, and I heard \_\_\_\_\_ some other customers order flake. So I ordered some, too, and it was delicious. Later, I found \_\_\_\_\_ out \_\_\_\_\_ that flake is an Australian term for shark. Now whenever I see a new food, I try it on purpose. You know why? I remember how much I enjoyed \_\_\_\_\_ flake."

Chandra is a dentist in Texas. She is from India. "I'm forbidden \_\_\_\_\_ to try new foods because they may \_\_\_\_\_ contain beef. I'm a Hindu, and my religion forbids \_\_\_\_\_ me to eat meat from the cow. That's why I can't eat hamburgers or spaghetti with meatballs.

Nathan is from the United States. He taught for a year in China. "My friends gave me some 100-year-old eggs to eat. I didn't like their appearance \_\_\_\_\_ at all. The eggs were green inside, but my friends said the color was normal. The Chinese put chemicals on foreign \_\_\_\_\_ eggs. Then they buried \_\_\_\_\_ them in the earth for three months. So the eggs weren't really very old. Even so, I didn't want to touch them."

Life in a new country can be scary \_\_\_\_\_, but it also can be fun. Would you eat a 100-year-old egg? Would you order shark in a restaurant?

### 3 – 3 Chocolate

We think of chocolate as something sweet. However, a long time ago, people thought of chocolate as something very bitter. For us, chocolate is a candy, but once it was a medicine. Today, chocolate can be a hot drink, a favorite dessert, or just a snack. Sometimes it's an ingredient in the main course of a meal. Mexicans make a hot chocolate sauce called mole and pour it over chicken. The Mexicans also eat chocolate with spices like chili peppers.

Chocolate is a product of the tropical cacao tree. Cacao is so bitter that even the monkeys say "ugh!" and refuse to eat it. The word *chocolate* comes from a Mayan word. The Mayas were an ancient people who once lived in México. They valued the cacao tree. Some of the Mayans used cacao beans for money, while others grew them to make a bitter drink.

When the Spaniards came to Mexico in the 16<sup>th</sup> century, they started drinking cacao, too. Because the drink was strong and bitter, they thought it was a medicine. When the Spaniards took the drink back to Europe, people discovered that sugar removed the bitter taste of cacao. Wealthy Spaniards heated the sweet drink and thought it was good for their health.

In the 19<sup>th</sup> century, an English company made the first solid block of sweetened chocolate. Now people could both drink and eat chocolate. Later, a Swiss company mixed milk and chocolate together. People liked the taste of milk chocolate even better.

Besides the chocolate candy bar, one of the most popular American snacks is the chocolate-chip cookie. Favorite desserts are chocolate cream pie and, of course, an ice cream sundae with hot fudge sauce.

### 3-4 The Blue Revolution

The population of the world is increasing rapidly. By 2020, there could be 7.5 billion people on earth. Will there be enough food for all these people, or will we have a food shortage? Some scientists think fish farming could solve this problem. However, other scientists worry that fish farming could cause serious environmental problems.

Fish farming is not a new thing. There were fish farms in China 3,000 years ago. Today, about one-third of the fish we eat comes from fish farms.

Most fish farms raise plant-eating fish. Popular kinds of plant-eating fish are carp, tilapia, and catfish. Unfortunately, many fish farms are starting to raise meat-eating fish. A popular type of meat-eating fish is salmon. These meat-eating fish live on processed food made from wild fish. However, it takes up to 5 tons of wild fish to produce just 1 ton of farm-raised salmon. The supply of wild fish is already decreasing. Eventually, many types of wild fish could become extinct. What will we do then?

Critics of fish farming also say that farm-raised fish is unhealthy for humans. They say the fish contains dangerous chemicals. They also criticize fish farming because it pollutes the water. Another criticism is that farm-raised fish can spread diseases to wild fish.

Some people say that farming methods being used now won't produce enough fish anyway. Instead of putting fish farms in lakes or near the coast, they say that the fish farms should be moved far out into the ocean. Several countries are already experimenting with deep-ocean farms. In the future, fish farms might be large cages that move across the ocean.

Like most things, there is both a good and bad side to fish farming. Fish farming may help to feed millions of people. At the same time, however, fish farming may damage the environment.

### 3-5 Twenty-one Days Without Food

Why would someone decide to stop eating? We know that the body needs food i\_\_\_\_\_ o\_\_\_\_\_ t\_\_\_\_\_ function well. However, many people f\_\_\_\_\_ at some time during their lives. Why is this?

Some people fast for political reasons. In the early 20<sup>th</sup> century. Women in the United States weren't a\_\_\_\_\_ to vote. In protest, many women went on fasts. They h\_\_\_\_\_ that fasting would bring attention to this injustice. Mohandas Gandhi, the famous Indian leader, fasted 17 times d\_\_\_\_\_ his life. For Gandhi, fasting was a powerful political t\_\_\_\_\_. In 1943, he fasted to bring attention to his country's need for independence. For 21 days, he went w\_\_\_\_\_ food. Another famous faster was Cesar Chavez. In the 1960s, he fasted for three weeks. Why? His g\_\_\_\_\_ was to bring attention to the terrible w\_\_\_\_\_ conditions of farm workers in the United States.

Fasting is also a spiritual practice in many religions. Every year during the month of Ramadan, which is a religious holiday, Muslims fast from s\_\_\_\_\_ to s\_\_\_\_\_. Many Hindus fast on special occasions, as do some Christians and Buddhists.

Of course, not e\_\_\_\_\_ fasts for political or religious reasons. Some people occasionally fast just because it m\_\_\_\_\_ them feel b\_\_\_\_\_. The American writer Mark Twain thought that fasting was the best medicine for common i\_\_\_\_\_. Whenever he had a cold or a fever, he stopped eating completely. He said that this always made his cold or fever g\_\_\_\_\_ a\_\_\_\_\_. Another American writer, Upton Sinclair, discovered fasting after years of overeating, indigestion, and h\_\_\_\_\_. His first fast l\_\_\_\_\_ for 12 days. During this time, his headaches and stomachaches went away. Sinclair also said that fasting made him more alert and energetic.

Choosing to go without food c\_\_\_\_\_ be very dangerous. However, that doesn't stop people from fasting for political, religious, or h\_\_\_\_\_ reasons.

## FOOD SET #2

### 3-1: The Puffer Fish

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Puffer fish is very \_\_\_\_\_. A plate of *fugu* costs more than \$200 in some restaurants in Tokyo. Besides being \_\_\_\_\_ to eat, the fish is very \_\_\_\_\_, with spines all over its body. Also, it can puff, or blow, itself up to double its normal \_\_\_\_\_. Why do the Japanese risk so much for such an ugly and dangerous fish? Well, some people like taking risks. And *fugu* \_\_\_\_\_ wonderful!

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### ANSWER KEY

#### 3-1: The Puffer Fish

avoid get sick deadly (on) purpose	die allowed insides poisonous powerful	happens feel remove miss customers amount safe	expensive dangerous ugly size tastes	
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#### 3 – 2 Foods from Around the World

known travelers get (to) try fun foreign	dairy arrived hated made from	heard found out enjoyed	frightened might forbids	appearance fresh bury scary
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#### 3 – 3 Chocolate

sweet time (a long time ago) bitter frozen meal pour	beans run away ancient valued ground	strong thought found out health	made Later mixed even better	Besides (of) course
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#### 3-4 The Blue Revolution

increasing could enough shortage scientists worry environmental	were	raise plant-eating meat-eating wild takes supply decreasing become unhealthy dangerous criticize pollutes spread	should deep-ocean cages	both feed damage
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#### 3-5 Twenty-one Days Without Food

in order to fast	allowed hoped during tool without goal working	sunrise sunset	everyone makes (them feel) better illnesses go away headaches lasted	can health
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