

Food and Diet

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| <p><u>Researchers</u> have discovered that eating at the same time as listening to music can make you fat. The quicker the music, more you eat, _____ if the colour of the room is bright. Any music with a _____ beat, for example polka or pop is all you need. People normally eat at the same rhythm as the music, eating around five forkfuls per minute. Without any musical _____, the average person eats only around four _____ per minute, a rate which is reduced to only three if a _____ tune is being played. Celebrations are also _____, as people are often talking to family and friends. They often don't pay _____ to the _____ body warning that the stomach is full.</p> | <p>RESEARCH</p> <p>SPECIAL</p> <p>LIVE</p> <p>ACCOMPANY</p> <p>MOUTH</p> <p>SOFT</p> <p>DANGER</p> <p>ATTEND</p> <p>NATURE</p> |
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Adapted from Knockout First Certificate, p 61, Oxford University Press