

Worksheet

Name :		Subject:	Reading and Vocabulary Lesson 2A U 4
Class:	12 th grade	Date:	

Lesson 2A – Reading and Vocabulary

Student's Book, Page 38–39

Title: *What Tickles Your Taste Buds?*

Reading Text: What Tickles Your Taste Buds?

Everyone knows that it's important to have a regular routine regarding meals, but it's also true that it's often impossible to ignore hunger pangs outside regular mealtimes. We sometimes give in to temptation and indulge ourselves. We wanted to hear what can trigger people's appetites – when and why they succumb to temptation. Here are some contributions from different readers. Can you relate to any of these?

Reading Text A

Picture the moment. You've had a really filling meal of dumplings and chicken casserole and are relaxing on the sofa watching TV. It's a police series, nothing too exciting. Suddenly, the detective goes into a fish and chip shop. You can smell the vinegar, hear the chips sizzling, and your stomach rumbles.

The policeman bites into the fish, and your mouth starts to water. What do you do? I usually head for the kitchen and rustle up what I've just seen on the screen – then feel awful afterwards. I can't resist the foodie delights I see on TV. Moving visuals trigger me every time.

Comprehension Questions – Text A

Choose the correct answer (a, b, c, or d).

What causes the writer's appetite to increase?

- a) Seeing food in books and magazines
- b) Watching food being cooked on TV
- c) Smelling food in restaurants
- d) Reading recipes online

What does the phrase "rustle up" mean in the passage?

- a) Eat food quickly
- b) Prepare food quickly

- c) Order food online
- d) Look for food in the fridge

How does the writer feel after giving in to temptation?

- a) Proud and satisfied
- b) Indifferent
- c) Regretful
- d) Happy and relaxed

Which of the following best describes the writer?

- a) Someone who enjoys cooking
- b) Someone easily influenced by TV images
- c) Someone who dislikes television
- d) Someone who prefers healthy meals

Reading Text B

I'm usually careful to avoid the temptations that lead to snacking between meals. But when boredom sets in, healthy habits waver. Some of my friends say stress or anger drives them to the crisp packet or a slice of cake – they believe comfort eating helps them cope. My hunger pangs strike when I'm between activities, especially when I'm bored. My brain says, "What should I do now?" and my stomach replies, "Remember that box of chocolates?" Before I know it, it's half empty – and I just feel too full!

Comprehension Questions – Text B

Choose the correct answer (a, b, c, or d).

What emotion most often makes the writer lose self-control?

- a) Anger
- b) Sadness
- c) Boredom
- d) Happiness

What do the writer's friends believe?

- a) Stress and anger can lead to comfort eating
- b) Comfort eating never helps
- c) Eating chocolate reduces hunger

d) Skipping meals helps control appetite

What does the writer feel after eating too much?

a) Strong and happy

b) Guilty and full

c) Energetic and confident

d) Calm and peaceful

What is the main reason for the writer's snacking habit?

a) Emotional stress

b) A busy schedule

c) Social pressure

d) Having nothing to do between activities

Reading Text C

We're constantly bombarded with advice about healthy eating, but shops and supermarkets sabotage our efforts. I could be walking to the bus stop with no thoughts of food when the smell of freshly baked bread wafts from a bakery and stops me in my tracks. Smells like this communicate directly with our stomachs, bypassing the brain. Then I devour a piece of chocolate cake and feel guilty afterwards.

Supermarkets even release smells on purpose to make us buy more. For me, smell is a powerful sense—it can take me back to childhood or straight into a café.

Comprehension Questions – Text C

Choose the correct answer (a, b, c, or d).

What mainly triggers the writer's appetite?

a) Seeing food advertisements

b) Talking about food

c) Smelling baked goods

d) Watching people eat

According to the text, what do supermarkets do to influence customers?

a) Offer free food samples

b) Play relaxing music

c) Release food smells intentionally

d) Use bright lights and colours

What happens when the writer smells fresh bread?

a) He continues walking without interest

b) He remembers his diet plan

c) He stops and feels hungry

d) He becomes annoyed by the smell

What emotion does the writer feel after eating chocolate cake?

a) Joy

b) Regret

c) Surprise

d) Confidence

Answer Key

Text A

1. **b)** Watching food being cooked on TV
2. **b)** Prepare food quickly
3. **c)** Regretful
4. **b)** Someone easily influenced by TV images

Text B

1. **c)** Boredom
2. **a)** Stress and anger can lead to comfort eating
3. **b)** Guilty and full
4. **d)** Having nothing to do between activities

Text C

1. **c)** Smelling baked goods
2. **c)** Release food smells intentionally
3. **c)** He stops and feels hungry
4. **b)** Regret

Exercise 1 – Vocabulary from the Text

Match the expressions with their meanings.

Expression	Meaning (English)	Meaning (Arabic)
1. your stomach rumbles	your stomach makes a hungry noise	يصدر معدتك صوتًا يدل على الجوع
2. let your dinner go down	allow food to digest	اترك طعامك ليُهضم
3. devour	eat very quickly and eagerly	يلتهم الطعام بسرعة وبشراهة
4. rustle up	prepare food quickly	يُحضّر الطعام بسرعة
5. comfort eating	eating to feel better emotionally	الأكل لتخفيف التوتر أو الحزن

Answers: 1-your stomach rumbles 2-let your dinner go down 3-devour 4-rustle up 5-comfort eating

Exercise 2 – Understanding the Writers

Match questions (1–7) with writers (A–C). Each writer may be chosen more than once.

Question	Writer
1. Connects an appetite trigger to an emotion or state of mind	B
2. Wants the reader to visualise a situation	A
3. Believes people are manipulated to eat unhealthily	C
4. Mentions something that triggers more than food memories	C
5. Mentions more than one sense reacting	A
6. Compares his appetite trigger with other people's	B
7. Cites other triggers that don't affect him	A

Answers: 1-B 2-A 3-C 4-C 5-A 6-B 7-A

Active Reading – Identifying Paraphrases

Example:

- a. I used to be a midnight snacker. I'm sure this is what triggered my sleepless nights.
b. He **blames** the onset of his **insomnia** on **late-night eating habits**.

Questions

- Which phrase from (a) corresponds to *blame* in (b)?
→ *I'm sure this is what triggered*
- Find synonyms in (b):
 - triggered → **onset**
 - sleepless nights → **insomnia**
 - I used to be a midnight snacker → **late-night eating habits**

3. What is another difference?
→ The paraphrase is **shorter and more formal**.

Active Reading Notes

You can use **reporting verbs** when paraphrasing opinions or information, e.g.: **criticise, blame, claim, verify, argue, suggest**.

Example:

- *He says people eat too much because they lack control.*
→ *He criticises people who lack self-control over eating.*

Paraphrases may also:

- Use **synonyms**.
- Be **shorter** than the original.
- **Combine** ideas from more than one sentence.

Exercise 4 – Vocabulary Practice

Complete the sentences with the correct verbs from the box.

(bombarded – devoured – sneak – strike – succumbed – trawl – triggered – wafting – water – wavering)

1. I had to **trawl** through all my old emails to find the information.
2. I was starving and **devoured** the whole plate of sandwiches.
3. The smell of roast lamb **wafting** from the kitchen made my stomach rumble.
4. By the fifth kilometre of the marathon, my enthusiasm was **wavering**.
5. When I was young, I used to **sneak** into the kitchen to snack at night.
6. We're **bombarded** with adverts for fast food every day.
7. The smell of lemon cheesecake makes my mouth **water**.
8. His action **triggered** a massive response from people.
9. My hunger pangs **strike** when I skip breakfast.
10. Fadi **succumbed** to temptation and had a second serving.

Vocabulary Reference Table

Verb / Phrase	Part of Speech	Meaning (English)	Example	Meaning (Arabic)
devour	verb	eat quickly and eagerly	He devoured his meal in minutes.	يلتهم الطعام بسرعة وبشراهة
succumb to	verb phrase	give in to temptation	She succumbed to eating chocolate.	يستسلم للإغراء أو الرغبة
waft	verb	move through the air (smell or sound)	The smell of coffee wafted from the café.	ينتشر في الهواء (عن رائحة أو صوت)
trawl through	phrasal verb	search carefully through	I trawled through the files	يبحث بعناية في شيء ما

Verb / Phrase	Part of Speech	Meaning (English)	Example	Meaning (Arabic)
			for the report.	
rustle up	phrasal verb	prepare food quickly	He rustled up some pasta for dinner.	يُحضّر الطعام بسرعة وسهولة
comfort eating	noun phrase	eating to reduce emotional stress	Comfort eating helps some people relax.	الأكل لتخفيف التوتر أو المشاعر السلبية
bombarded with	adjective phrase	attacked with large amounts (of info)	We are bombarded with ads online.	نتعرض لكمية كبيرة من المعلومات أو الإعلانات
waver	verb	become uncertain or weak	Her determination began to waver.	يتردد أو يضعف عزمه
trigger	verb	cause something to happen	The smell triggered my appetite.	يثير أو يسبب حدوث شيء
strike	verb	happen suddenly	Hunger pangs strike when I skip lunch.	يحدث فجأة

Haneen Mazahreh

What is a Paraphrase?

A **paraphrase** is when you express the same idea in **different words** — usually to make it **shorter, clearer, or more formal**.

When you paraphrase, you **keep the meaning the same**, but **change the vocabulary or structure** of the sentence.

Example 1

Original (a):

I used to be a midnight snacker. I'm sure this is what triggered my sleepless nights.

Paraphrase (b):

He blames the onset of his insomnia on late-night eating habits.

Analysis:

From the Original	In the Paraphrase	Explanation
I'm sure this is what triggered	blames	Both show <i>cause and responsibility</i>
sleepless nights	insomnia	Same meaning – “insomnia” is the formal word
midnight snacker	late-night eating habits	Same idea, rephrased more formally
—	—	The paraphrase is shorter and more academic

Why Paraphrase?

Paraphrasing helps you:

- Avoid repeating the same words.
- Show understanding of the text.
- Write or speak more formally (especially in essays).
- Combine ideas and express them smoothly.

Useful Tips for Paraphrasing

1. Use synonyms

- eat → consume
- people → individuals
- start → begin / commence

2. Change the structure

- *People eat too much because they are stressed.*
→ *Stress causes people to overeat.*

3. Use reporting verbs to show opinions or statements.

Common verbs: **criticise, blame, claim, argue, suggest, state, believe, verify, deny**

Example 2

Original:

Some scientists say that fast food advertising encourages children to eat unhealthy meals.

Paraphrase:

Some researchers **claim** that junk food commercials **promote** unhealthy eating among children.

Changes Made:

- “say” → “claim” (reporting verb)
- “fast food advertising” → “junk food commercials” (synonym)
- “encourages” → “promote” (synonym)
- “children to eat unhealthy meals” → “unhealthy eating among children” (restructured)

Example 3

Original:

People often eat when they are bored, not because they are hungry.

Paraphrase:

Boredom, rather than hunger, often **leads people to eat**.

Notice:

- Changed the order of ideas.
- Used “leads to” instead of “eat when they are bored.”
- Made it more formal and concise.

Example 4

Original:

He says people eat too much because they lack control.

Paraphrase:

He **criticises** people who lack self-control over eating.

Explanation:

- “says” → “criticises” (reporting verb)
- “eat too much” → “lack self-control over eating” (synonym phrase)

Example 5

Original:

The writer thinks supermarkets make people buy more food by releasing smells.

Paraphrase:

The writer **argues that** supermarkets **use scent marketing** to increase food sales.

Explanation:

- “make people buy more food” → “increase food sales”

- Added a formal expression: “use scent marketing.”
- “thinks” → “argues that” (stronger reporting verb).

Quick Practice

Match each original sentence to its paraphrase:

Original Sentence	Paraphrase
1. Many people eat to reduce stress.	a) Stress often makes people overeat.
2. He suggests that emotions affect our appetite.	b) He believes feelings have an impact on hunger.
3. Smelling food can make us hungry.	c) The smell of food can trigger appetite.

Answer Key: 1–a, 2–b, 3–c

Summary of Key Points

- Paraphrasing = same meaning, different words.
- Use **synonyms** and **reporting verbs**.
- Make it **shorter and more formal** when possible.
- Keep the original **idea or message** the same.
- Avoid copying exact words or structure.

Haneen Mazahreh