[Loai: ĐỌC HIỂU ĐỀ 5 – 5 CÂU]

[Q]

**Read the following passage and choose the correct answer to indicate the correct answer to each of the questions from 51 to 55.**

Breakfast is not the most important meal of the day, it is also the most neglected. Common reasons for not eating breakfast include lack of time, not feeling hungry, traditional dislike for breakfast, and dieting. Breakfast simply mean “break the fast”. Your body spends at least 6 to 12 hours each night in fasting state. In the morning, your body needs energy for the day’s work ahead. A good breakfast should provide up to 1/3 of your total caloric needs for the day. On average we eat 400 less calories for dinner , try eating a lighter dinner earlier in the evening or save half your dinner for breakfast in the morning. If you still aren’t hungry in the morning, start with something small like juice or toast or have a nutritious mid-morning snack later when you are hungry. Some people fear eating breakfast will make them hungrier during the day and they will eat more. It’s true that eating breakfast is likely to make you feel hungry throughout the day. That’s because your body is working correctly.

**Question 51:** What meal is the most neglected? **(1)**

1. Breakfast

0. Lunch

0. Dinner

0. Meal

[Q] How long does your body spend in fasting state? **(2).**

0. at least 6 to 12 minutes each night.

1. at least 6 to 12 hours each night.

0. at least 6 to 12 hours each day.

0. at least 6 to 12 minutes each day.

[Q] What does your body need for the day’s work ahead? **(3).**

1. Energy

0. Breakfast

0. Calories

0. Nutrition

[Q] How many calories do we eat on average for breakfast? **(4).**

0. 400 less calories

1. 200 less calories

0. 300 less calories

0. 500 less calories

[Q]What do you do if you aren’t hungry in the morning? **(5).**

1. juice or toast or have a nutritious mid-morning snack.

0. half your dinner for breakfast in the morning.

0. 1/3 of your total caloric needs for the day.

0. try eating a lighter dinner.