[Loai: ĐỌC HIỂU ĐỀ 14 – 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.**

In addition to providing energy, fats have other functions in the body. The fat-soluble vitamins, A, D, E, and K are dissolved in fats, as their names implies. Good sources of these vitamins have high oil or fat content, and the vitamins are stored in the body’s fatty tissues. In the diet, fats cause food to remain longer in the stomach, thus increasing the feeling of fullness for somw time after a meal is eaten.

Fats add variety, taste and texture to foods, which accounts for the popularity of fried foods. Fatty deposits in body have an insulating and protective value. The curves of the human female body are due mostly to strategically located fat deposits. Whether a certain amount of fat in the diet is essential to human health is not definitely known. When rats are fed a fat-free diet, their growth eventually ceases, their skin becomes inflamed and scaly and their reproductive systems are damaged. Two fatty acids, linoleic and arachidonic acids, prevent these abnormalities and hence are called essential fatty acids. They are also required by a number of other animals, but their roles in human beings are debatable. Most nutritionists consider linoleic fatty acid an essential nutrient for humans.

**Question 51:** The passage probably appears in which of the following?

0. A diet book

1. A book on basic nutrition

0. A cook book

0. A popular women magazine

[Q]All of the following vitamins are stored in the body fatty tissues except \_\_\_\_\_\_\_\_.

1. Vitamin B

0. Vitamin A

0. Vitamin D

0. Vitamin E

[Q]The author states that fats serve all of the following body functions except to \_\_\_\_\_\_.

1. Control weight gain

0. Insulate and protect the body

0. Provide energy.

0. Promote the feeling of fullness

[Q]Which of the following is true for rats when they are fed a fat-free diet?

0. They have more babies

1. They stop growing

0. They lose body hair

0. They require less care

[Q]That humans should all have some fat in our body is \_\_\_\_\_\_\_\_\_.

0. A common held view

1. Not yet a proven fact

0. Only true for women

0. Proven to be true by experiments on rats.