

Reading Comprehension – *Can You Eat Yourself Happy?*

- 1. What role does the food we eat play in affecting both our physical health and our moods?**
Food affects our **physical health** by providing nutrients and energy, and it influences our **moods** because certain foods can release hormones that make us feel happier.
- 2. In what ways does this statement ‘flavor can be a powerful conductor of memories and emotions’ deepen our understanding of the connection between sensory experiences and human memory?**
It shows that certain flavors can **bring back strong memories and emotions**. For example, a smell or taste can remind someone of childhood or a family meal.
- 3. “Smell is considered to be the most influential sense in flavor appreciation.” Justify this statement.**
Smell is the strongest sense linked to **memory and emotion**, which is why it plays the biggest role in how we experience flavor.
- 4. There are some ways in which food can make us happy. Explain referring to the passage.**
Food makes us happy by **stimulating our senses, triggering good memories, releasing hormones like serotonin, and being shared with others**.
- 5. “Tasty food is considered one of the most universal routes to pleasure.” Comment.**
Eating tasty food gives pleasure to almost everyone—for example, eating a piece of chocolate or a favorite dessert.
- 6. What does the author mean by "the neuroscience of happiness"?**
It means the **scientific study of how the brain and nervous system create feelings of happiness when we eat**.
- 7. “Hormones play an important role in the sensation of pleasure when eating.” What role do they play?**
When we eat certain foods, **hormones such as dopamine and serotonin are released**, making us feel happy and rewarded.
- 8. According to the text, what negative effects can overconsumption of unhealthy foods have on our bodies?**
Eating too much unhealthy food can cause **weight gain, low energy, and poor mental health**.
- 9. In the study mentioned in the text, what were the two groups of participants given as their teatime snacks?**
One group was given **cake**, and the other was given **fruit**.
- 10. What were the results of the study in terms of the participants' mental well-being?**
The group that ate **fruit reported feeling happier and more energetic** than the group that ate cake.
- 11. Clarify how cooking differs from simply eating food, and why this is important.**
Cooking is an **active, creative process** that involves preparing and sharing food, while

eating is only consuming. The distinction matters because cooking gives a stronger sense of **purpose and satisfaction**.

12. **According to Mark Salter, why is preparing, sharing, and consuming food so precious? What is your opinion?**

Mark Salter says it is precious because it **brings people together and creates special memories**. (Opinion: I also believe it shows love and strengthens family ties.)

13. **How does cooking take the focus away from yourself, according to the text?**

When cooking, the focus is on **others and the meal being created**, not on personal worries.

14. **What are some positive health effects of being active and working with nature?**

It improves **physical health and reduces stress**, for example, gardening gives exercise and makes people feel relaxed.