

Directions: *There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A), B), C) and D). You should decide on the best choice and mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.*

Passage Two

Questions 51 to 55 are based on the following passage.

Research shows that in developed countries, more affluent and educated people tend to consume higher-quality diets—including more fruits and vegetables, fish and whole grains. On the contrary, economically disadvantaged people report diets that are nutrient-poor and energy-dense. They are less likely to have food-purchasing habits that conform to public health recommendations.

These dietary differences are often accompanied by higher rates of obesity and diabetes among lower-income people. This relationship between social class and diet quality and health is extensively documented. However, the research does not explain why this is the case—a question that has significant implications for designing effective policies and initiatives to improve diets and prevent chronic diseases.

Public-health initiatives to promote healthy diets often focus on providing nutrition education and recipes(食谱). These approaches, however, often presume less food literacy (i.e., food knowledge and skills) among low-income people. Are unhealthy diets really the result of poor choices, limited food skills and knowledge?

Research suggests that adults in food-insecure households are just as likely as those in food-secure households to adjust recipes to make them more healthy. They are also just as proficient in food preparation and cooking skills. There is no indication that increasing food skills or budgeting skills will reduce food insecurity.

Instead, disadvantaged groups are constrained by their economic, material and social circumstances. For example, low income is the strongest predictor of food insecurity in Canada, where one in eight households experiences insufficient access to nutritious foods.

It's well-established that food prices are an important determinant of food choice. Low-income households report that they find it difficult to adopt dietary guidelines because food prices are a barrier to improving their diets.

When researchers estimate the cost of diets people actually eat, higher-quality diets are typically more costly.

While this may be so, it does not, in itself, prove that healthy diets are necessarily more expensive or cost-prohibitive. After all, not all socioeconomically disadvantaged people consume poor diets.

We can easily think of a number of foods and recipes that are both inexpensive and nutritious. The internet is full of recipes for "eating well on a budget."

51. What can we learn from research on diets in developed countries?

- A) Dietary recommendations are not fit for underprivileged people.
- B) People from different social groups vary in their dietary habits.
- C) People's choice of food depends on their individual taste
- D) There is no consensus on what high-quality diets are.

52. What does the author say is important in formulating policies to improve diets and health?
- A) A better understanding of the relationship between social class and health.
 - B) A greater emphasis on studying the cause of obesity and chronic diseases.
 - C) Prioritizing the provision of better nutrition for lower classes.
 - D) Designing education programs and initiatives on public health.
53. What does research reveal about adults in food-insecure households?
- A) Their eating habits need to be changed.
 - B) Their food literacy has been improving.
 - C) They do not pay much attention to their food recipes.
 - D) They do not lack food knowledge or budgeting skills.
54. What would help improve food security among the disadvantaged groups in Canada?
- A) Teaching them budgeting skills.
 - B) Increasing their food choices.
 - C) Enabling them to have more access to nutritious foods.
 - D) Taking more effective measures to increase food supplies.
55. What does the author suggest disadvantaged people do to improve their health?
- A) Adopt a positive attitude towards dietary guidelines.
 - B) Choose diets that are both healthy and affordable.
 - C) Make sure to purchase healthy foods on the internet.
 - D) Change their eating habits and consumption patterns.