ANSWER KEY WITH EXPLANATIONS

Vocabulary Test About DIET Choose The Correct Answer MCQ Exercise 79

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1	B	2	A	3	C	4	B	5	B	6	B	7	A	8	B				

Explanations

1. There's an old saying, "It's the double gins that cause the _____."
✔ **B) double chins**
This saying is a play on words: **double gins** (two measures of gin) sounds like **double chins** (a fold of fat under the jaw). The joke is that drinking a lot of alcohol makes you put on weight. The other options are body features that have nothing to do with drinking or weight.

2. Exercise tends to _____ the effects of old age.
✔ **A) offset**
To **offset** something means to balance or reduce its effect with an opposite force: **Exercise offsets the effects of ageing.** Not **set back**, which means to delay progress, and **run down** means to criticise or let something lose power. Neither makes sense here.

3. A diet high in carbohydrates contains little of the _____ material needed to build up tissue.
✔ **C) nourishing**
Nourishing food provides the substances the body needs to grow and build tissue, so **nourishing material** fits the idea of building up tissue. Carbohydrates mainly give energy, not building material. Not **calorific**, which only means high in calories (energy), and **sustaining** means keeping you going or satisfied rather than building the body.

4. He will have to go on a diet because he is worried that he is _____.
✔ **B) chubby**
Chubby means slightly fat in a round, soft way, which is a reason to go on a diet. Not **buxom**, which describes a woman with a large, attractive figure and is not used for men. **Robust** and **strong** describe health and power, not being overweight.

5. I think you'll find that the inconvenience of the diet is _____ by the benefits.
✔ **B) outweighed**
If A is **outweighed by** B, B is more important or greater than A: **The disadvantages are outweighed by the benefits.** This is the fixed way of comparing costs and benefits. Not **outranked**, which is about position or rank, and **overthrown** is used for removing a government or leader.

6. When there is excessive obesity, patients are sometimes put on a _____ diet which enables them to lose weight extremely quickly.
✔ **B) crash**
A **crash diet** is a very strict diet that makes you lose weight very quickly. The clue is **lose weight extremely quickly**. Not **balanced**, which means healthy and varied, and **light** describes a meal or food, not a fast weight-loss plan.

7. _____ your food will give you indigestion.
✔ **A) Bolting**
To **bolt your food** means to eat it much too fast, without chewing properly, which can cause indigestion. Not **gorging**, which means eating a very large amount. It is normally used as **gorge yourself (on something)**, not **gorge your food**. **Munching** means chewing steadily, which does not cause indigestion.

8. When dieting, eat only to satisfy your hunger _____, not to gratify your desire to eat.
✔ **B) pangs**
Hunger pangs is the fixed expression for the sudden, sharp feelings of hunger in your stomach. Not **twinges** or **spasms**, which describe sudden pains or muscle movements but do not combine with **hunger**. **Aches** are long, dull pains.

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