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following passage: Increasingly, over the past ten years, people especially young people have become aware of the need to change their eating habits, because much of the food they eat, particularly chemical foods, is not good for the health.

Consequently, there has been a growing interest in natural foods: foods which do not contain chemical additives and which have not been affected by chemical fertilizers, widely used in farming today. Natural foods, for example, are vegetables, fruits and grains which have been grown in soil that is rich in organic matter. In simple terms, this means that the soil has been nourished by unused vegetable matters, which provides it with essential vitamins and minerals. This in itself is a natural process compared with the use of chemicals and fertilizers, the main purpose of which is to increase the amount but not the quality of foods grown in commercial farming areas. Natural foods also include animals which have been allowed to feed and move freely in healthy pastures. Compare this with what happens in the mass production of poultry: there are battery farms, for example, where thousands of chickens live crowded together in one building and are fed on food which is little better than rubbish. Chickens kept in this way are not only tasteless as food. they also produce eggs which lack important vitamins. There are other aspects of healthy eating which are now receiving increasing attention from

experts on diet. Take, for example, the question of sugar. This is actually a non-essential food! Although a natural alternative, such as honey, can be used to sweeten food if this is necessary, we can in fact do without it. It is not that sugar is harmful in itself. But it does seem to be an additive: the quantity we use has grown steadily over the last two centuries and in Britain today each person consumes an average of 200 pounds a year! Yet all it does is provide us with energy, in the form of calories. There are no vitamins in it, no minerals and no fiber.

59. Recently, some people are interested in natural foods because \_\_\_\_\_. A. natural foods are fresh and cheap B. they don't like processed foods C. they want to change their eating habits D. these foods contain more vitamins, minerals and fiber etc.

60. According to the passage, to use chemicals and fertilizers means \_\_\_\_\_. A. to increase the amount of foods B. to increase the quality of foods C. to increase the amount and quality of foods D. to increase essential vitamins and minerals

61. It can be inferred from the passage that \_\_\_\_\_. A. people will no longer eat those foods containing chemical additives B. people will not necessarily do exercises in the future if they eat natural foods C. natural foods will find a good market in the future D. certain diseases will never befall people who eat natural foods

62. What's the best title for this passage? A. Eating Habits Are Changing. B. Healthy Eating. C. Natural Food and Chemical Additives. D. How to Go on a Diet.

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