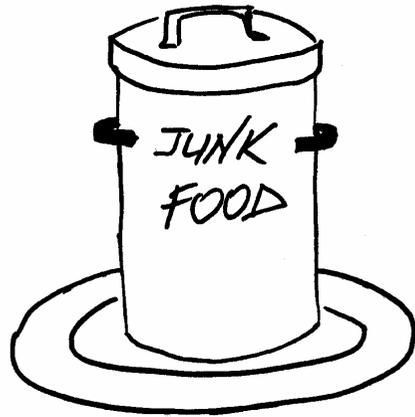


WHY EAT JUNK FOOD? Judith Wurtman



Each candy or snack food. The people portrayed in these scenarios are all healthy, vigorous, and good looking; one wonders how popular the food they convince us to eat would be if they would crunch or drink away while complaining about low back pain or clogged sinuses.

- **confectionaries** - солодощі, цукерки
- **depicted** - зображення, описаний
- **euphoria** - ейфорія (відчуття благополуччя, доброго настрою)
- **clogged sinuses** - обтяжлива порожнеча в кістках

- **entertain on the patio with smb.** - розважатися з друзями на бруці (місце поряд з будівлею)

Questions about the reading

- How do television advertisements portray people eating snack foods?
- What do you think would happen if television advertisements were absent at all. What would we eat, how would we act then?

Writing Assignment

- Write a paragraph about TV influence on our cooking abilities and tastes. Is it necessary to show advertisements and why?

young mother describes her discovery that she did not really want something she thought she longed for - peace and quiet.

As a mother of three children, not yet teen-agers, I often found myself complaining to anyone who would listen that I needed some peace and quiet. I longed for this often dreamed - about phenomenon. I would think about what I would do if only I had a couple of hours to do what I wanted, when I wanted, and for however long I wanted. However, three children who are active in school, sports, and social events curtail the amount of peace and quiet a mother can have. I always found myself taking someone somewhere, picking someone up, or baking for someone function that someone was involved in throughout everything, I wished for some peace and quiet. Alas, my time came. A few days ago, for the first time, my kids all went on vacation for one glorious - or so I thought - week. I finally had my long-awaited peace and quiet. I could do whatever I wanted, whenever I wanted. The first hours were wonderful. I slept late; I didn't make breakfast; and it was certainly quiet But to my amagement, I found there is such a thing as too much quiet. I now have only a couple of days to go before the kids come home, and I know one thing for sure. When my kids get home and I find myself longing for