

Part 2

Read the article on 'Dessert Stomach' in the Insert Booklet, Part 2, Pages 4-5 and answer Questions 11 - 25.

That's Why You Always Have Room for Dessert!

One of the most familiar sensations to many of us is the yearning for dessert despite having had a big meal and ready to burst.

In fact, this is a scientific fact and such a yearning is termed 'dessert stomach'. Therefore, those who are on a diet and aim to lose some weight may feel relieved now that it is not out of greed that you want to order something sweet after meal. It's more likely satiety to your eating sensory process and there is nothing unusual about this.

To explain further, after you have specific dishes for a while; for example your main courses, your brain will send out messages signaling that you are full. However, what actually happens is that you're already fed up with the particular taste, texture or flavour served to you. This is called sensory-specific satiety and it is a scientific fact.

Having been researching this for 40 years, Barbara Rolls, a professor in nutritional sciences mentions that the decline in pleasure people derive from food is specific to the food they have been eating, or other foods that are similar. 'So, while you might lose your appetite for that food, a different food will still be appealing. That's why you always have room for dessert.' According to Professor Rolls, people tend to lose their appetite for particular food as a meal progresses. The food looks, smells and feels less appealing. What we want is trying something different.

Interestingly, this eating sensory mechanism has evolved to keep us healthy. Limiting our appetite for one food and encouraging us to switch to another promotes the chances that we will get all the nutrients we need.

Evidence for this innate mechanism dates back to a classic study from the 1920s, when a Chicago-based paediatrician allowed newly weaned babies to eat whatever they liked from a wide selection of foods. They were offered trays with little dishes with each containing a different food. A nurse was assigned to wait for the child to reach for, or point to, a dish before spoon-feeding them from it. Some did become fixated on one particular food for a short period. But, as time went on, they all ate a well-balanced, varied diet. It seems that the babies had already developed this eating sensory mechanism.

To further summarise such a phenomenon of losing interest in one food but having room for another, a recent experiment was carried out based on Professor Rolls's past studies. Volunteers were given a large plate of macaroni cheese and asked to eat until they were full. There was no other food for them as their 'dessert' was also another dish of macaroni cheese. They were asked to rate their interest in the meal. Not surprisingly, the level of interest plummeted as the meal progressed - from 6.2 out of ten to only 0.2 after they finished all the dishes. The experiment was repeated another day, but the volunteers were given ice cream for dessert, rather than more pasta. Their level of interest in ice cream dessert was high and they ended up eating three times more of this new dessert than of the pasta dessert.

This so-called sensory-specific satiety doesn't only explain why it is hard for us to deny dessert, it also sheds light on why it is so easy to overeat at a barbecue, buffet, or other occasions where there is a variety of food on offer. Therefore, this mechanism can bring serious drawbacks for dieters. A study showed that people ate more calories if given a meal with four different courses, rather than one in which all the courses were the same. In today's world where there is a huge range of foods available, there is a concern that this can contribute to the obesity epidemic.

As for how to avoid being overly stuffed with dessert, Professor Jane Ogden, an expert in eating behaviour from the University of Surrey, has some very simple advice. 'If you are trying to lose weight, make puddings that aren't calorific, such as a fruit salad, frozen yoghurt or figs.'

adjusted from 'So that's why you always have room for pudding! Scientists prove 'dessert stomach' is real' from the the Daily Mail by Fiona Macrae

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Questions 11 - 20

Answer the following questions. For each question write no more than **THREE** words that must be taken from one point in the text. **DO NOT** write full sentences.

- 11 With a scientific fact on dessert stomach, what would people who wish to lose some inches around their waist feel?
.....(1)
- 12 What does the brain do to convince us to stop eating?
.....(1)
- 13 What is the specific term for the feeling people developed when they want to stop having the same dishes ?
.....(1)
- 14 According to Barbara Rolls, what happens to people after they have their meal for a while?
.....(1)
- 15 What is the benefit of being fed up with one food and change to others?
.....(1)
- 16 According to a study in 1920s, what would the nurse be doing to make sure the babies got the food they wanted?
.....(1)
- 17 What kind of nutrients has the study shown that the babies finally got?
.....(1)
- 18 When the dessert was changed from macaroni to ice cream, how much better did the volunteers from the experiment have their dessert?
.....(1)
- 19 On what occasion do people tend to eat more than usual? Give only one example.
.....(1)

20 What is a serious global issue that the sensory-specific satiety may lead to?

.....(1)

(Total for Questions 11 - 20 = 10 marks)

Questions 21 -25

Indicate your answers to the questions below by marking a cross for the correct answer . If you change your mind about an answer, put a line through the box- and then indicate your new answer with a cross .

21 It is very common for people to ... (1)

- A have a big meal before dessert
- B burst after a big meal
- C still want to order dessert after a big meal
- D get the sensation of having dessert together with a big meal

22 Which of the following statements is true about Professor Barbara Rolls? (1)

- A She is 40 years old.
- B She has long been studying about stomach dessert.
- C Her career focuses on a decline in people's eating pleasure.
- D She has always applied nutritional sciences in life.

23 The babies in a research were (1)

- A presented with a variety of food and allowed to grab and eat by themselves.
- B later fed by the nurse.
- C allowed to eat only well-balanced dishes.
- D tested whether they liked the dishes offered to them.

- 24** Which of the following statements is true about the recent experiment based on Professor Rolls' study (1)
- A** The volunteers were offered savoury dessert in the first experiment.
 - B** The interest in the meal rose up when macaroni was offered for dessert.
 - C** The interest unexpectedly dropped when the volunteers had to eat more pasta.
 - D** The volunteer preferred ice cream during their main course.
- 25** What is the advice for those who want to avoid overeating desserts? (1)
- A** Try to avoid puddings.
 - B** Better order a moderate portion of meal before ordering a dessert.
 - C** Make their own desserts.
 - D** Make sure they have desserts that are not cooked with heat.

(Total for Questions 21 - 25 = 5 marks)

TOTAL FOR PART 2 = 15 MARKS