

Believe it or not, before 1900 few people died of heart disease. Now heart disease has become the number one cause of death in the United States. Modern technology has helped us, but it has made work easier for people. As a result, we are not as physically active as we were in the past.

Manual labor has been replaced with machinery. Now we drive everywhere we go. Washing machines clean our clothes and dryers dry them. Vacuum cleaners have replaced brooms. Elevators have replaced stairs in businesses.

Along with modern technology came a change in our diets. People used to eat foods that contained fat, but the foods were made by hand and not readily available. Now machines process cheese, churn butter, and make ice cream. It's easy to go to a fast-food restaurant and get anything we want. Inactive lives and rich diets contribute to more heart disease than ever before.

- 1** This article is mostly about
- a the heart.
 - b causes of heart disease.
 - c modern technology.
 - d fat in diets.
- 2** The number one cause of death in the United States is
- a accidents.
 - b cancer.
 - c diabetes.
 - d heart disease.
- 3** Because of modern technology, people are
- a happier.
 - b thinner.
 - c not as active.
 - d able to exercise.
- 4** Manual labor has been replaced by
- a the union.
 - b machinery.
 - c men.
 - d women.
- 5** Along with modern technology, heart disease has increased because of our
- a homes.
 - b families.
 - c stress levels.
 - d diets.
- 6** Foods that are high in fat used to be less available because they were
- a made by machines.
 - b made by hand.
 - c not as good.
 - d made only in the summer.
- 7** The article implies that people often eat
- a fruit.
 - b vegetables.
 - c fast food.
 - d meat.
- 8** From this article we can conclude that the risk of heart disease
- a can be prevented.
 - b cannot be prevented.
 - c happens only now and then.
 - d is unique to the United States.

1 b

2 d

3 c

4 b

5 d

6 b

7 c

8 a