Name: Out of 10

Class: EWR003

Date:

*Task: Paraphrase the information from the reading. Be sure to include all the information from the passage, but change the grammar and vocabulary.*

There is a simple, easy way to help people who over-eat. People need to eat at home, so they can control their diet. Using smaller plates, knives, forks, glasses, etc. could also reduce the amount of food we eat. Many of us use large plates and eat too much food. If we use a large plate, we fill the plate with food. According to Cambridge University in the U.K., smaller plates could reduce the amount of food we eat. British people could cut their calories up to 16 percent while Americans could reduced them up to 29 percent.

*https://breakingnewsenglish.com/1509/150917-obesity-2.html*
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