system Classroom

PRACTICE PLUS

ENGLISH | YEAR 5

UNIT 6

FOOD & HEALTH

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Read the passage and answer the questions.

SAGO

Do you have dessert during your meal? Dessert is a course that concludes a meal. The course consists of sweet food, such as confections, cakes, puddings, or fruits. In some parts of the world, such as much of Greece and West Africa, and most parts of China, there is no tradition of a dessert course to conclude a meal.

It's interesting to know where the Malaysian dessert, sago pudding, comes from. This pearl-like grain dessert, usually served chilled with palm sugar and coconut milk, is a local favorite. Sago is a type of starch extracted from the core of specific tropical palm stems.

Starches are complex carbohydrates that consist of many connected glucose molecules. Glucose is a type of sugar your body uses as an energy source. Sago is mainly extracted from Metroxylon sagu, or the sago palm, native to many parts of the world, including Indonesia, Malaysia, the Philippines, and Papua New Guinea.

The sago palm grows quickly and tolerates a wide variety of soils. A single sago palm can contain 220–1,760 pounds (100–800 kg) of starch. Sago is a dietary staple in areas of Indonesia, Malaysia, and Papua New Guinea. It's not very nutritious, but it's rich in carbs, which is an important source of energy for your body.

Sago can be purchased in two forms—flour or pearls. While the flour is pure starch, the pearls are small balls of sago made by mixing the starch with water and partially heating them.

1 Below are examples of a dessert, **except** _____

A cakes.

B fried rice.

C pudding.

2 In the second paragraph, the word "**chilled**" means _____

A cold.

B hot.

C sweet.

3 What is glucose? Glucose is _____

A a type of starch extracted from the core of certain tropical palm stems.

B made by mixing the starch with starch with water and partially heating them.

C a type of sugar that your body uses as an energy source.

4 Sago is rich in _____

A protein.

B carbohydrates.

C vitamins.

5 Which of the following is **not true** about the sago palm?

A The sago palm grows quickly and tolerates a variety of soils.

B A single sago palm can contain 220–1,760 pounds of starch.

C The sago palm grows slowly and tolerates a variety of soils.

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6 Which country is **not mentioned** as a place where the sago palm is native?

A Indonesia.
B The Philippines.
C Thailand.

7 What two forms can sago be purchased in?

A flour and pearls.
B flour and palm sugar.
C palm sugar and pearls.

8 The sago palm is also known as _____

A Metroxylon sagu.
B Sago pudding.
C Papua New Guinea.

9 Based on the text, what is a dietary staple in Indonesia, Malaysia, and Papua New Guinea?

A sago.
B pudding.
C palm sugar.

10 What ingredient is usually served together with sago pudding?

A palm leaves and rice flour.
B palm sugar and coconut milk.
C sugar syrup and fruits.

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Answer Key

1	B
2	A
3	C
4	B
5	C
6	C
7	A
8	A
9	A
10	B

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