

Lees bij de volgende tekst eerst de vraag voordat je de tekst zelf raadpleegt.

## Tekst 10

### Food tastes better when you're hungry

By David Derbyshire  
Science Correspondent

---

- 1 CHOCOLATE, chips and hamburgers really do taste better when one is hungry, according to a study which could explain why dieting is so hard.
- 2 Simply skipping breakfast is enough to change our sense of taste, researchers report today. They suggest that people who do not eat between meals enjoy food more and those who "graze" all day are missing out.
- 3 Prof Yuriy Zverev, from Malawi University, persuaded 16 undergraduates to miss breakfast after having a set dinner at 6.30pm the day before. He then asked them to sip solutions of sugar, salt or quinine in different concentrations and report whether they were tasting sweet, salty or bitter drinks. An hour after lunch, the students repeated the test. Prof Zverev found that hungry students were more sensitive to sweet and salty drinks. However, their ability to detect bitterness did not change, he reports in the journal *BMC Neuroscience*.
- 4 This difference could be linked to the different roles of the sweet, salt and bitter tastes in our diets. "While sweet and salty tastes are indicators of edible substances and trigger consumption, a bitter taste indicates a substance which is not suitable for consumption and should be rejected," says Prof Zverev. The role of bitterness as a warning sign could explain why the students recognised relatively dilute solutions of quinine. Salt or sugar solutions had to be more concentrated before they were detected.
- 5 Prof Zverev believes hunger could increase the sensitivity of tastebuds, or change the way the brain "listens" to tongue sensors.

*news.telegraph.co.uk*

## Tekst 10 Food tastes better when you're hungry

- 1p 43  "Food tastes better when you're hungry" (kop)  
In welke alinea staat de mogelijke oorzaak hiervan aangegeven?  
Noteer het nummer van deze alinea.

# Eindexamen Engels vwo 2006-I

havovwo.nl

---

---