

## APPENDIX B

### Script Text 1

#### Good nutrition can ease stress

##### Before reading

“The texts contain two pages talking about food and it also has a picture of food. It has many paragraphs which consist of stress, brain chemicals, eating” and “It’s interesting”

##### Paragraph 1

“When talking about food, we already know that good nutrition leads good feeling, energy to us and we should have good food in order to sleep well and ease stress”

##### Paragraph 2

“The phrase *fight or flight*, it maybe the response of something, now I keep reading.....” and “.....fight or flight is a kind of chemicals released continuously and the body stay in balance”

##### Paragraph 3

“How do neurotransmitters affect our feelings?” and “What kinds of sensation do we feel?”

“For the word *deficiency*, the prefix (de-) means not and finally at least I can guess the meaning that it must be translated in negative ways”

##### Paragraph 4

“The word *moderation*, it probably means we need to have food appropriately”

“Is alleviate the same as mentioned word in the topic?”

“*Alleviate* and the word *ease* in the topic are verbs because *stress* is the object of the sentence.”

“Eating influences directly to our health. If we have bad or insufficient food, we are full but we probably get stress”

**Paragraph 5**

“For the word *fuel*, it is not concerned about gasoline and I reread the *slowly* which is an adverb, so it helps me easily guess this word and gives me the suitable meaning to the text.”

“In terms of complex carbohydrates, we already know it well”

**Paragraph 6**

“For the phrase *cause a brief spike*, the word *short term* is compared with the word *brief*.”

**Paragraph 8**

“Essential fats are found in a variety of foods and they are good for health and breakfast is important and we don’t eliminate any one food group as well as exercise is important as well.”

“We have to eat essential food and nutrients. The text tells us about what chemicals are released and their benefits and we also have to exercise”