## Chocolate: Reading

1 I know that I have a problem – a big problem. It may sound funny but it's very bad for me – for my health and for my life. What's the problem? I can't stop eating chocolate!

2 I started eating chocolate as a child of course; me and my sisters all ate a lot of different kinds of chocolate. However, my sisters and I are adults now and I'm the only one who still eats it a lot. My elder sister can have a bar of Toblerone and make it last a week. My younger sister is happy with one box of chocolates a year for Mother's Day. My parents don't eat any chocolate at all. Me – I need it every day, and lots of it too.
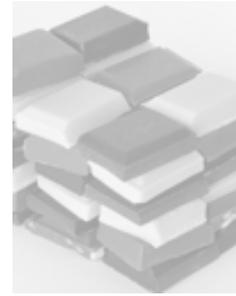
3 So, how much do I eat? Well, I have about 10 bars of chocolate a day. My first bar is at 8 o'clock in the morning, and then I have my last one just before I go to bed. Sometimes if there's no chocolate in the house I drive to the nearest shop that sells it (about 2 kilometres away) and buy some more. I even drive out late at night if I need some chocolate. If the children (and this is terrible, I know) have chocolate in the house I take it. When Sarah was eight someone gave her a box of chocolates for her birthday. I took the box and then, when she was out playing, I ate some. Then I ate some more. I finished the whole box! A few days later she said, "Where's my box of chocolates?" and I said, "I don't know". I know that was very bad. At Christmas we got a giant family-sized bag of chocolate sweets, I ate the whole bag on my own in two days!

4 I know eating a lot of chocolate is bad for my health. There's a lot of sugar in all types of chocolate. There's also a lot of fat. I think that's why I have many spots on my face, and I'm a little overweight too. Sometimes I try to stop but if I don't have any, I get very bad headaches. However, as soon as I have some chocolate I feel better and happier too. I know that it's also very bad to take and eat chocolate that's not mine but I can't stop myself.

5 What can I do? Even at night I dream about chocolate. My favourite dream is falling down a hole and landing on a big pile of chocolate bars! I really do want to stop, or start to eat less. At the supermarket there's always chocolate for sale while I wait to pay for my shopping. At the station (bus, train, underground…) there's always chocolate for sale in machines. Everywhere I look there's chocolate for sale! I try to speak to my family but nobody understands. They all like chocolate but nobody wants to eat 10 bars a day, and nobody understands why I do.

6 I need help! Please tell me what I can do to stop eating chocolate!