

1. Complete the sentences according to the text.

- a) According to doctors it's not OK to eat too many eggs because
- b)because they contain a lot of fat and salt.
- c) Tuna fish is good for health because
- d) Chocolate and sweets don't have
- e) We must be careful when consuming fruit because
- f) Three things that contain a lot of vitamins are

2. Match the underlined words in the text with the correct definition.

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| a) beneficial..... | 1. to have within itself |
| b) contain..... | 2. to eat or drink |
| c) reward..... | 3. good for you, something that has useful results |
| d) consume..... | 4. a return for doing something good |

