

**1. Fill in the blanks according to the text.**

- a) Meat, beans and fish contain .....
- b) ..... and ..... help you fight disease.
- c) ..... helps you with the digestion of food.
- d) In order to have healthy skin you need to consume .....
- e) ..... help to build muscle.
- f) Fibre and vitamins are found in ..... and .....