

PRACTICE 4

Read three posters about fruit and vegetable juices.

Answer Questions 1 to 4 based on the posters about fruit and vegetable juices (A to C).

Which juice

- 1 has a combination of fruits and vegetables? _____
- 2 is suitable for people with less frequent bowel movement? _____
- 3 should be taken by one who suffers from tiredness? _____
- 4 helps one to retain his youth and avoid a reading hairline? _____

A. Flavourful Mix	B. Rainbow Passion	C. Magic Connection
<u>Ingredients</u> • Apples • Kiwi • Oranges <u>Health benefits</u> • A glass a day is touted to prevent constipation • It helps to relieve stress and fatigue • Drinking this juice keeps skin young and supple	<u>Ingredients</u> • Passion fruit • Beetroot • Broccoli <u>Health benefits</u> • This drink promotes good vision • It cleanses the kidney and liver • This wonderful drink keeps the skin vibrant and healthy as it contains antioxidants	<u>Ingredients</u> • Carrots • Celery • Cucumbers <u>Health benefits</u> • Drinking this concoction regularly keeps ageing at bay • It keeps the gut clear of uric acid • This drink keeps the hair thick and glossy