

A.

WE LOVE BREAD



I'm a great(1. LOVE) of bread. Whenever I smell freshly baked bread, it reminds me of my early(2. CHILD) when I used to visit the little bakery that my grandparents owned.



And, of course, there are(3. VARY) good medical reasons why we should not forget the(4. IMPORTANT) of eating plenty of bread.

Bread contains nearly all the protein needed for children's (5. GROW) and for adults to stay fit and well. We can get a (6. THREE) of our daily protein (7. REQUIRE) from just six slices of bread.

Bread,(8. LIKE) some popular foods which are not particularly good for you, gives(9. STRONG) to bones and teeth when they are developing and keeps them healthy as we get older.(10. ADDITION), bread helps us to feel(11. ENERGY) as it contains iron as well as several essential vitamins.

B.

LET'S SWIM!



Whatever your age, swimming is recommended as a

(1. SUIT) way of keeping fit. Those who take up running often find that (2. INJURE) to their knees and ankles bring their fitness programme to a (3. DISAPPOINT) end, whilst those who take up skiing or more (4. DANGER) sports have accidents and sometimes end up with a (5. BREAK) leg, or worse.

Swimming will (6. STRONG) your legs and shoulders and, because the water supports the (7. WEIGH) of your body, you are less likely to strain or hurt yourself. It's an excellent form (8. RELAX) after a hard day's work, (9. PARTICULAR) if you've been sitting at a desk all day. Don't eat (10. HEALTH) foods after your swim – a piece of fruit is a much better way of (11. REPLACE) lost energy!

