WORD FORMATION

ST - 9 EU1

Many people get great _____ from crunching a tub of popcorn while watching the latest blockbuster film. Well, maybe now they'll enjoy it even more!	ENJOY
Plain popcorn has always been known as a low-calorie food, but some _____ are now claiming that it contains higher levels of antioxidants than fruit.	RESEARCH
Antioxidants are great for our health because they help to fight _____ molecules that damage cells. They can help protect against heart disease and cancer.	HARM
Some scientists are even describing this _____ grain as 'the perfect snack food'.	NUTRITION
As well as containing vitamins and minerals, popcorn is also low in fat and high in fibre as it is a completely _____ wholegrain food.	NATURE
Be careful how you eat it, though. _____, popcorn isn't such a healthy snack if it has butter, salt or caramel all over it.	FORTUNATE

LIVEWORKSHEETS