Use the word given in capitals to form a word that fits the gap.

HEALTHY EATING



In the past, any mother would be **1)** _____ [PRIDE] if their children were round and **2)** _____ [SLIGHT] fat. Those days are gone. **3)** _____ [RESEARCH] have now reached the **4)** _____ [CONCLUDE] that too much fat and sugar in children's diets are a major factor in the **5)** _____ [DEVELOP] of heart diseases and other **6)** _____ [ILL] when they are older.

However, **7)** _____ [GROW] children need to eat a wide range of foods, and their general health could be **8)** _____ [DANGER] by cutting out particular ones. **9)** _____ [PSYCHOLOGY] say that the **10)** _____ [SOLVE] is not to change eating habits too fast, but to do it **11)** _____ [CARE], so that children do not lose muscle in **12)** _____ [ADD] to fat. Parents should present food a little **13)** _____ [DIFFERENCE], spread butter **14)** _____ [thin] and avoid putting sugar on the table. Children should also be **15)** _____ [COURAGE] to take part in sports; this way they will be using the calories that they have eaten.