

Use of English

Vocabulary

Spinach has long been 1) _____ as a plant which can restore energy, and improve the quality of the blood. There are good reasons for this, such as the fact that spinach is 2) _____ in iron. Spinach, 3) _____ beetroot, contains compounds called nitrates; these may help improve blood flow. Studies 4) _____ that these types of food may help heart attack survival. Spinach is an excellent 5) _____ of nutrients that are important for 6) _____ bone health. Spinach is safe for most people, 7) _____ there some individuals who need to be careful. Eating spinach gives you smaller but significant 8) _____ of vitamin K, which improves calcium absorption. Spinach can be incorporated quite easily 9) _____ any diet, as it is cheap and easy to prepare. Frozen spinach is a good option for soups, stews, and egg dishes. Just defrost and 10) _____ out the extra water.