

## 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.