**Peanut butter is good for you!**

With 'peanuts' and 'butter' in its game, peanut butter doesn't **(1)** …………… (**EXACT**) sound good for us. Common sense tells us that neither food is a particularly healthy **(2)**…………… (**CHOOSE**) given their high fat content. The product's **(3)**…………… (**POPULAR**), however, has led to research, and it's good news to learn that many food science **(4)**…………… (**SPECIAL**) say it isn't as bad for us as we might have thought.

Peanut butter is **(5)**…………… (**DOUBT**) versatile – it can be eaten with everything from raw vegetable sticks to toast – but the fat it contains is also monounsaturated (the 'right' kind of fat), which is believed to be good for the heart. Peanut butter also contains a **(6)** …………… (**SUBSTANCE**) amount of protein, which contains important nutrients for growing kids. **(7)**…………… (**ADD**), it contains iron, B vitamins and fibre, all of which are necessary for the **(8)** …………… (**MAINTAIN**) of a healthy body. So, next time you're told to put the top back on the jar, you'll be able to offer an **(9)**…………… (**EXPLAIN**) as to why just one more spoonful is good for you!