

A possible solution to a major health problem

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New research shows that an unhealthy diet can actually have a damaging effect (1)..... the brains and the behaviour of secondary school pupils. Some teenagers virtually live on junk food, (2)..... instance burgers and chocolate. These are often widely available, and can (3)..... bought on the way to or from school. For some teenagers, junk food makes up as (4)..... as 30 percent of their diet. 'What's more, fewer than one in ten teenagers eats the recommended five daily portions (5)..... fruit and vegetables. Experts are warning of a nutrition crisis in (6)..... teenagers are deprived of essential dairy products and proteins.

But (7)..... to new research by Oxford University, giving teenagers a health supplement pill can really help. The vast majority of teenagers in the UK eat absolutely (8)..... fish at all, and the pill contains fish oil that is essential for the teenage brain. Researchers found that this led to a reduction (9)..... poor concentration and improved academic performance.