

For questions 1–12, read the text below and think of the word that best fits each space. Use only one word in each space.

FOOD LABELLING

Everyone knows that they should eat what is good (1) _____ them, but often they are not mindful (2) _____ what goes into the processed food offered by supermarkets. For many people this starts when they decide to go on a diet and want to know exactly what is in the products they buy. Food labelling plays a vital role (3) _____ the fight (4) _____ obesity and poor health, but it's very easy to pick up the wrong type of food by (5) _____ as labelling has, to a (6) _____ extent, been rather confusing due to a lack of standardisation in the industry. Over the years, in (7) _____ to public pressure, laws have been passed to ensure that all food is labelled in a similar way. A system is now being used in the UK known as Traffic-light food labelling where the labels used are red, amber and green to show consumers the level of fats, sugars and salt, thus providing consumers (8) _____ an easy-to-see system. However, if you want to see what vitamins and minerals the product is rich (9) _____, you would still have to read the small print on the packaging. For example when you choose '*low-fat*' food, believing that it will be better for you, the reality is often that in comparison (10) _____ the ordinary product, the low-fat one could have substitute chemicals or products which could be just as harmful. Unfortunately dieting often gets people down, especially when they stop losing weight, but that's precisely the point when they should (11) _____ at it and remember that they will benefit just as much or more (12) _____ taking regular exercise.