Complete the text with words given.

zucchini	**lobster**	**boiled**	**seafood**	**pork**
salmon	**grapes**	**avocado**	**roasted**	**fried**

Food and eating habits play an important role in maintaining good health. A balanced diet should include a variety of [1]_____, meat, fruit, and vegetables. For example, [2]_____ and tuna are popular fish because they are rich in essential nutrients and healthy fats. Shellfish such as shrimp, mussels, and [3]_____ are often considered a luxury and are usually served on special occasions. In terms of meat, many people prefer chicken because it is a leaner source of protein than beef or [4]_____. Vegetables like cabbage, cucumber, and [5]_____ are versatile and can be eaten raw or cooked. An [6]_____, with its mild flavour, is often added to salads, while fruits such as [7]_____ and mangoes provide natural sweetness. Cooking methods also affect both taste and health. Steamed or [8]_____ dishes help retain nutrients, whereas [9]_____ food should be eaten in moderation. Grilled or [10]_____ fish and meat are popular choices, offering a delicious balance between flavour and nutrition.

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