

PART 5**Questions 33 to 40**

Read the description of the different healthy foods below and answer the questions that follow.

Healthy Foods You Should Know**A – BRAZIL NUTS**

Brazil nuts come from South America and are one of the healthiest nuts. They are full of protein and carbohydrates, and also give you important nutrients like vitamin B1, magnesium, and zinc.

Brazil nuts are special because they are very high in selenium, a mineral that helps protect the thyroid and acts as an antioxidant. You can eat them straight from the pack as a quick, healthy snack.

B – LENTILS

Lentils are small round seeds, often used in countries like India and Sri Lanka. They are a type of pulse and are full of fiber, magnesium, and potassium.

Although lentils usually take time to cook, sprouted lentils are ready to eat and can be packed as a healthy snack. You can also add spices like chili powder to make them tastier.

C – OATMEAL

Oatmeal has become more popular in the last 20 years. It contains soluble fiber that helps lower cholesterol and protect the heart.

Oats also have complex carbohydrates, which slow digestion and help control blood sugar. This makes it a good choice for breakfast.

D – BROCCOLI

Broccoli is a green vegetable that gives your body many nutrients such as fiber, vitamin C, calcium, and potassium. It also has a compound called sulforaphane, which may help fight cancer and reduce swelling in the body.

To keep its nutrients, broccoli should be eaten raw or lightly steamed.

E – APPLES

Apples are rich in antioxidants, which protect your body from damage. They may help reduce the risk of chronic disease and slow down the aging process. Some studies suggest apples might help you live longer!

F – KALE

Kale is a dark green leafy vegetable. It gives a lot of vitamin C and vitamin K. You can eat it cooked, steamed, or blended in a smoothie.

Questions 33 to 36

Which paragraph (A – F) matches the descriptions below? Write your answers in the space given.

Statements	Paragraphs
33. This food may help lower cholesterol and improve heart health.	_____
34. This green vegetable may protect you against cancer and must not be overcooked.	_____
35. This healthy seed is used in Indian and Sri Lankan cooking and can be eaten sprouted.	_____
36. This fruit is high in antioxidants and may help people live longer.	_____

Questions 37 to 40

Complete the notes below using information from the text. Choose **no more than one word** from the passage for each answer.

Tips for Eating Healthy

Eating a variety of nutritious foods is important for good health. For example, Brazil nuts are rich in (37) _____, which protects the thyroid. In addition, lentils, which are a type of (38) _____, are high in fiber and help keep the digestive system healthy. Moreover, broccoli contains (39) _____, a compound that may have anticancer properties. Finally, kale can be added to a (40) _____ for an extra boost of vitamins.