

Name: \_\_\_\_\_

Fill in the blank with the correct form of the corresponding word. The word bank is shown below:

- |                 |                   |
|-----------------|-------------------|
| 1. popular      | 6. electrified    |
| 2. transforming | 7. culturally     |
| 3. imagine      | 8. affectionately |
| 4. bring        | 9. management     |
| 5. constructed  | 10. expand        |

### “ARAWAK CAY”

You won't find much written about Arawak Cay in books about The Bahamas. The thing is, it's probably the spot for Nassauvians that has most grown in (1) \_\_\_\_\_ (line 2) ever since it was opened decades ago. "Heritage" was the idea a dozen or so Bahamian fishermen had in mind. They wanted to bring about a (2) \_\_\_\_\_ (line 5) of the open space across the street from Fort Charlotte, turning it into a cultural Mecca, a place that people would be eager to visit in the midst of cosmopolitan Nassau.

Using our (3) \_\_\_\_\_ (line 7), we can picture a group of men sitting around with some cool drinks one night, discussing it. In their dreams, they caught seafood and (4) \_\_\_\_\_ (line 8) it right to the place where they cooked and sold it. They eventually built their own places, and sold seafood dishes right off the waterfront.

The fishermen started with the (5) \_\_\_\_\_ (line 11) of wooden stalls with thatched roofs on the waterside of a strip of land, along Bay Street, leading towards Cable Beach and the Western part of the island. Over time, those rickety wooden stalls were replaced by one and two storey buildings with verandas, all with (6) \_\_\_\_\_ (line 14) and indoor plumbing facilities. Then, The Bahamas Ministry of Tourism began advertising Arawak Cay or Fish Fry as a place rich in Bahamian (7) \_\_\_\_\_ (line 16).

Today, many people have developed an (8) \_\_\_\_\_ (line 17) for the more than twenty different eateries at Fish Fry. Menus can have everything from green salad, to conch fritters, to sandwiches or a scrumptious meal and refreshing daiquiri. Each building is (9) \_\_\_\_\_ (line 19) differently and has its own colour scheme. Some eateries have live bands that play in the evening. When at Fish Fry, you no longer feel like you are in the city, but are as close as you can get to the Family Island experience. Now, there's a grassy area for festivals, along with a small police station on the property. In the future, Arawak Cay may experience further (10) \_\_\_\_\_ (line 23).

Name: \_\_\_\_\_

Fill in the blank with the correct form of the corresponding word. The word bank is shown below:

- |               |             |
|---------------|-------------|
| 1. naturally  | 6. knowing  |
| 2. good       | 7. tend     |
| 3. children's | 8. shop     |
| 4. imitate    | 9. reaching |
| 5. night      | 10. accept  |

### **“NUTRITION IN CHILDREN AND TEENS”**

Healthy eating can stabilize your children's energy, sharpen their minds, and improve their moods. While peer pressure and TV commercials for junk food can make it seem impossible to get children to eat well, there are steps parents can take to instill healthy eating habits in their children.

Children's (1) \_\_\_\_\_ preference is for food they enjoy. Therefore, even with the (2) \_\_\_\_\_ of intentions, it's going to be difficult to convince your eight year-old that an apple is as tasty as a cookie. However, you *can* ensure that your (3) \_\_\_\_\_ diet is as nutritious and wholesome as possible, even while allowing for some of his or her favorite treats. The childhood urge to engage in (4) \_\_\_\_\_ of adults is strong, so it's important that you are a role model for your children. It's no good asking your child to eat fruit and vegetables while (5) \_\_\_\_\_ you gorge on several bags of potato chips, chocolate, and at least two sodas. Below are some tips to promote healthy childhood eating:

- Have regular family meals. For example, the (6) \_\_\_\_\_ that dinner is served at approximately the same time every night and that the entire family will be sitting down together is comforting and enhances appetite.
- Cook more meals at home. There is a (7) \_\_\_\_\_ for restaurant meals to have more fat, sugar, and salt. Save dining out for special occasions.
- Get your children involved. They enjoy helping adults when they go (8) \_\_\_\_\_ for groceries. It's also a chance for you to teach them how about different foods.
- Keep plenty of fruits, vegetables, and healthy beverages such as water, milk, and pure fruit juice around so children will automatically (9) \_\_\_\_\_ for healthy snacks instead of empty calorie snacks like soda, chips, or cookies.

Now, you may ask, how can I get my picky child to enjoy a wider variety of foods? Just as it takes adults a long time to make up their minds about new foods, most children have to see a new food at least 8-10 times before it becomes (10) \_\_\_\_\_ to them. That means you are not to give up!