

Name\_\_\_\_\_

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### Comprehension 4 - The Avocado (Part 3)

The many uses of the avocado show just how versatile it is.

This delicious fruit is frequently used in a variety of meals ranging from desserts to salads and smoothies. It is also used as a substitute for butter and cheese because, like these two foods, it is oily and has a rich creamy texture. The fat it contains is very healthy for the heart because it is unsaturated. Avocado oil is ideal for cooking and frying because of its high smoke point, that is the temperature at which the oil starts to smoke when heated.

In addition, its pulp is incorporated into many beauty products. The pulp may be applied to the skin to prevent wrinkles and improve hydration, meaning the quantity of water retained by the skin.

This wonderful fruit is in very high demand by consumers around the world. It has even been nicknamed "green gold" by some farmers. It received that name because farmers who cultivate it can soon become quite wealthy.

Furthermore, it is ideally suited for export since the tough skin protects it from damage and it does not need to be refrigerated.

- 1) State one way in which the avocado is similar to butter and cheese.

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- 2) What is meant by the " smoke point" of an oil?

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- 3) Find a word in the passage which means "people who eat or use a thing".\_\_\_\_\_

- 4) Why is the avocado called " green gold"?

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- 5) State one reason why the avocado is suitable for export.

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