Cloze Passage

Read the passage carefully. Then fill in the blanks with ONE suitable word from the list below to complete the passage.

but	is	in	it	can	most	as	a	if	that
are	our	and	into	to	will	the	your	of	its

Yoghurt 41. _____produced using fermented milk. Today, 42. _____ is widely available in 43. _____ supermarkets.

Yoghurt is 44. _____ dairy product which uses milk 45. _____ is cultured with live and active bacteria. In producing yoghurt, certain good bacteria 46. _____ _____added to cow's milk. A good brand of yoghurt is one that specifies that it contains live 47. _____ active bacteria which are believed 48. _____bring health benefits.

Live and active cultures help 49. _____body to function well. It prevents the growth 50. _____harmful bacteria that cause infections and diseases. Healthy levels of good bacteria not only promote healthy digestive system 51. _____ also strengthen and stabilise the immune system. If you take antibiotics, they may destroy the good bacteria present 52. _____ your body. Eating yoghurt regularly 53. _____ help to restore your good bacteria levels and kill the bad bacteria in the human gut.

Amazingly, yoghurt is beneficial to the skin as it can also be applied topically by wearing it 54._____a mask. However, 55. _____it is consumed, the amount of good bacteria in 56. _____bodies is boosted, helping to process nutrients effectively and maximising its absorption 57. _____the body. A healthy body is the result that 58. _____ _____slow the ageing process, allowing 59. _____skin to retain 60. _____ _____youthful glow longer.

(10 marks)

LIVEWORKSHEETS