

Task 1. Fill in the gaps using the words in the box.

shellfish; nutrition; liver oil; amount; extractive substances; canned; herring; fin-fish

1. Fish takes an important place in food _____. 2. A specific taste and aroma of fish meat are due to the _____. 3. Salt-water fish generally contain large _____ of vitamin D. 4. It is present in cod _____ and other fish liver oils. 5. _____, mackerel, canned salmon and sardines are good sources of this vitamin. 6. The softened bones in _____ fish, which are good to eat, are good sources of calcium and phosphorus. 7. The two groups of _____ and shellfish have enough variety to suit every taste. 8. Also _____ supply satisfactory sources of magnesium, iron, copper.