

READ AND ANSWER QUESTIONS  
ABOUT THE READING.

1. Where does the food come from?

2. How do people use it today?

3. Why is it good for us?

## TWO POWERFUL HEALTH FOODS



Red licorice candy has no real licorice in it.  
Black licorice is much healthier!

Chili peppers are a type of fruit from the Americas. They were first used 6,000 years ago! Today, people all over the world, from Mexico to Thailand, use chilies in their cooking.

Chili peppers taste good, but they're also good for us. They are high in<sup>1</sup> vitamin C. This keeps you healthy. Many chilies are also spicy. This spice gives you energy. It also makes you less hungry, so you eat less. Doctors think chili peppers can stop some kinds of cancer, too.

<sup>1</sup>If something is *high in* vitamin C, it has a lot of vitamin C.

Licorice, a type of plant, comes from southern Europe and Asia. Today, when people hear the word *licorice*, they think of candy. In fact, licorice is in some sweet foods (like candy) and drinks (like soda), but it is also a very old medicine.<sup>2</sup> Two thousand years ago, people used licorice for colds and other illnesses. Today, it is still in some cold medicines. People also use it for stomach and skin problems. And now doctors think licorice—like chili peppers—can help people with cancer!

<sup>2</sup>Medicine is something you drink or eat to stop an illness.

**Read for details.** Are statements 1–9 about chilies (C), licorice (L), or both (B)? Write the correct letter.

- \_\_\_\_\_ 1. is / are high in vitamin C
- \_\_\_\_\_ 2. is / are in cold medicine
- \_\_\_\_\_ 3. give(s) you energy
- \_\_\_\_\_ 4. come(s) from Asia and Europe
- \_\_\_\_\_ 5. can help people with cancer
- \_\_\_\_\_ 6. is / are in sweet foods and drinks
- \_\_\_\_\_ 7. make(s) you less hungry
- \_\_\_\_\_ 8. come(s) from the Americas
- \_\_\_\_\_ 9. can stop stomach and skin problems