

**3** Complete the sentences using the words from the box.

immune system	digestive system	cardamom	ginger
protein	chickpeas	pastries	syrup

- 1 Chinese and Japanese dishes usually contain a lot of \_\_\_\_\_.
- 2 Hummus is made from \_\_\_\_\_.
- 3 You can have soup or cereal in a \_\_\_\_\_.
- 4 Rgag is usually covered with date \_\_\_\_\_.
- 5 Arabic coffee has a mix of spices including \_\_\_\_\_.
- 6 Beans and meat have a lot of \_\_\_\_\_ in them.
- 7 You need to have a strong \_\_\_\_\_ or else you'll get ill very often.
- 8 Eating a lot of fruit and vegetables helps improve your \_\_\_\_\_ because of the liquids and fibres in them.
- 9 I love having \_\_\_\_\_ for breakfast, filled with jam.