

3 Complete the sentences using the words from the box.

immune system

digestive system

cardamom

ginger

protein

chickpeas

pastries

syrup

bowl

- 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.