

Listen And Complete the Blanks with NO MORE THAN FOUR WORDS For Each Answer.

Discover the countless array of 1) _____ and their numerous advantages for our body. From the juicy 2) _____ to the sourness of berries, each fruit brings its own unique benefits to the table, contributing to your overall 3) _____. Consider oranges, for instance. It's filled with 4) _____, these citrus gems boost our immune system, assisting in fending off illnesses and infections. Additionally, their high 5) _____ supports digestive health, ensuring smooth and regular bowel movements. Berries, including 6) _____, 7) _____, and raspberries, are rich in antioxidants, which shield our cells from harm caused by free radicals. This protection helps reduce the risk of chronic conditions such as 8) _____ and cancer. Bananas, with their creamy texture and 9) _____, are full of potassium, a vital mineral that regulates blood pressure and supports heart health. 10) _____, known for their juicy flesh and tropical flavor, offer a wealth of 11) _____. It's essential for skin health and immune function. Additionally, their fiber content aids in digestion and may help lower cholesterol levels. Incorporating a variety of fruits into our 12) _____ is a simple yet effective way to enhance your overall well-being. So, next time we are in need of a nutritious 13) _____, reach for nature's 14) _____ the goodness it provides.

