Use of English
Smoothies Test 2 Part3

Smoothies are cold drinks made from blended fruit and vegetables to which crushed ice, milk, honey or (0) ..... yoghurt is also often added. This gives them a thicker milkshake-like consistency.	**FREEZE**
They have long been a popular (25) ..... to fizzy drinks and are marketed as a healthy option. For many years now they have been (26) ..... available in high street coffee shops and supermarkets. They are packed with fruit and vegetables, but are smoothies really good for us?	**ALTERNATE** **WIDE**
One popular brand (27) ..... that their drinks contained two of the suggested five portions of fresh fruit or vegetables which we should consume every day. This claim resulted in an investigation into just how healthy these drinks really are. The results were good news for all smoothie (28) ..... . The research found that the brand's 250ml non-dairy drinks did in fact contain sufficient pulped fruit and fruit juice to count for two of the recommended (29) ..... portions of fruit and vegetables. As a result health (30)..... have agreed that smoothies are good for us. However, not all smoothies are the same. There is a great diversity of ingredients and (31)..... are advised to check the contents (32)..... . Some may contain as much as a quarter of your recommended daily (33)..... of saturated fat and up to 40g of sugar. In conclusion, it seems that although smoothies are a good source of the vitamins and minerals found in fruit and vegetables there are also a lot of (34)..... variations.	**ADVERT** **LOVE** **DAY** **OFFICIAL** **CONSUME** **CARE** **ALLOW** **HEALTH**

LIVEWORKSHEETS