

Read and find the correct complement



1. Blueberries are said to be good for your _____. They can **help you concentrate** and improve your memory.
2. Use ginger in your cooking. It's thought to reduce cholesterol, which may **protect you from getting** heart _____.
3. Eating too much salt may **cause** your _____ to rise.
4. Applying avocado to your _____ may **prevent it from aging**.
5. Mushrooms are said to boost your _____ system , which can **protect you from getting** colds or the flu.
6. In studies in South Korea, chili peppers have been shown to increase your _____ , which may contribute to weight loss.
7. Apples are thought to **help you remove** toxins from your _____ .
8. Raisins can **help you build** strong _____.
9. Snack on pineapple. It benefits the _____ and might **keep you from getting** an upset stomach.
10. You may know that milk helps strengthen bones and _____ , but did you know that soybeans and tofu do, too?
11. Both kiwis and mangoes are said to **keep your** _____ **from deteriorating**.

Describing causes and results

1. Using a lot of salt may cause your blood pressure **from rising / to rise**.
2. Eating too much sugar may make your immune system **work / to work** more slowly.
3. Paying attention to food labels enables you **make / to make** better choices.
4. Some people say you should let your body **tell / to tell** you what foods it needs.
5. Eating avocados may protect you **getting / from getting** heart disease.
6. Drinking a lot of water may allow you **to control / from controlling** your weight.
7. Chili peppers can keep you **to gain / from gaining** weight.

Complete with your own ideas

1. The sugar in soda can cause your blood pressure _____
2. Fruits like watermelon and tomatoes are said to help you _____
3. Research shows that eating _____ makes you _____
4. Asparagus may stop you _____
5. Chocolate may enable you _____. Some studies have also found that it protects your skin _____
6. Some studies seem to show that green prevents you _____
7. Too many sugary breakfast foods may make _____
8. _____ keeps your skin _____

drinking wine helps you to have a good digestion

1. Drinking water / coffee / beer / wine
2. eating fat / sugar / vegetables
3. Consuming nuts / avocado
4. Changing to coconut milk / soy milk / rice milk
5. Ingesting fries / sodas / salt
6. changing carbs for whole grains

help
cause
keep
stop
let
allow
enable
prevent
make
protect

Eat Well Feel Well

What food prevents you _____?

What things cause you _____?

What ingredients make you _____?

What drinks allow you _____?

What activities stop you _____?

What situations make you _____?

What super food enable you _____?

