# Two powerful health foods

Chili peppers are a type of fruit from the Americas. They were first used 6,000 years ago! Today, people all over the world, from Mexico to Thailand, use chilies in their cooking. Chili peppers taste good, but they're also good for us. They are high in[1] vitamin C. This keeps you healthy. Many chilies are also spicy. This spice gives you energy. It also makes you less hungry, so you eat less. Doctors think chili peppers can stop some kinds of cancer, too.

Licorice, a type of plant, comes from southern Europe and Asia. Today, when people hear the word licorice, they think of candy. In fact, licorice is in some sweet foods (like candy) and drinks (like soda), but it is also a very old medicine.2 Two thousand years ago, people used licorice for colds and other illnesses. Today, it is still in some cold medicines. People also use it for stomach and skin problems. And now doctors think licorice—like chili peppers—can help people with cancer!

*Red licorice candy has no real licorice in it. Black licorice is much healthier!*

[1] *If something is high in vitamin C, it has a lot of vitamin C.*
[2] *Medicine is something you drink or eat to stop an illness.*

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1. **Scan for information.** Read and answer questions 1–3 about the food mentioned in the text: chili peppers and licorice.

    1) Where does the food come from?

    2) How do people use it today?

    3) Why is it good for us?

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2. **Read for details.** Are statements 1–9 about chilies (C), licorice (L), or both (B)? Write the correct letter.

_____ 1. is / are high in vitamin C

_____ 2. is / are in cold medicine

_____ 3. give(s) you energy

_____ 4. come(s) from Asia and Europe

_____ 5. can help people with cancer

_____ 6. is / are in sweet foods and drinks

_____ 7. make(s) you less hungry

_____ 8. come(s) from the Americas

_____ 9. can stop stomach and skin problems

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