

SMOOTHIES

Read the text and use the word in capitals to form a word that fits in each space.

Smoothies are cold drinks made from blended fruit and vegetables to which crushed ice, milk, honey or (1)_____ yogurt is also often added. This gives them a thicker milkshakes-like consistency. They have long been a popular (2)_____ to fizzy drinks and are marketed as a healthy option. For many years now they have been (3)_____ available in high street coffee shops and supermarkets. They are packed with fruit and vegetables, but are smoothies result, for us?

FREEZE

ALTERNATE

WIDE

One popular brand (4)_____ 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 health these drinks are. The results were good news for all smoothie (5)_____. 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 (6)_____ portions of fruit and vegetables. As a result, health (7)_____ have agreed that smoothies are good for us. However, not all smoothies are the same. There is a great diversity of ingredients and (8)_____ are advised to check the contents (9)_____. Some may contain as much as a quarter of your recommended daily (10)_____ of saturated fat and up to 40g of sugar.

ADVERT

LOVE

DAY

OFFICIAL

CONSUME

CARE

ALLOW

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 (11)_____ variations.

HEALTH

