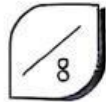


Part 2 Error Correction

Practice 1



Read the text below and correct the underlined errors.

For each question, write the correct word in the space provided on your answer sheet.

Eggs, the Ultimate Convenience Food

Eggs are versatile food and many people (0) having enjoyed them since thousands of years ago. Eggs can be considered as one of the 'superfoods' as they contain vitamins and minerals that are essential parts of a balanced diet. They are easy to cook and can be (1) eating on their own or added into salads, cakes and sandwiches.

A person should eat eggs as part of a balanced diet to gain a number of health benefits. The protein in eggs (2) help to maintain and repair body tissues and muscles whereas the vitamins and minerals are necessary (3) at an effective function of the brain and the nervous system. In addition, the health immune system will benefit from the vitamin A, vitamin B-12, and selenium in the eggs.

Eggs contain all the nutrients that the body needs to produce energy. (4) The egg is also low in calories which make it to be one of the best food options to assist with weight loss (5) or maintenance. For example, boiled or poached eggs contain no added fat. They can help people feel full for a longer time and may reduce the need to eat snacks. Until lately, the role of choline as part of a balanced diet had been largely, (6) overlooking, and eggs are a rich source of choline.

Some studies have revealed that cholesterol (7) for egg consumption may increase the risk of death from heart diseases. Yet, eggs can be a good source of protein and other essential nutrients. Nevertheless, taking eggs in moderation should be considered by people (8) which are already diagnosed with certain chronic diseases. It would be recommended for them to replace eggs with other protein sources such as nuts or legumes to improve heart health.

(Adapted from: <https://www.medicalnewstoday.com/articles/283659#benefits>)

Example:

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