

## Complete the text with words given.

zucchini

lobster

boiled

seafood

pork

salmon

grapes

avocado

roasted

fried

Food and eating habits play an important role in maintaining good health. A balanced diet should include a variety of <sup>1</sup> \_\_\_\_\_, meat, fruit, and vegetables. For example, <sup>2</sup> \_\_\_\_\_ and tuna are popular fish because they are rich in essential nutrients and healthy fats. Shellfish such as shrimp, mussels, and <sup>3</sup> \_\_\_\_\_ are often considered a luxury and are usually served on special occasions. In terms of meat, many people prefer chicken because it is a leaner source of protein than beef or <sup>4</sup> \_\_\_\_\_. Vegetables like cabbage, cucumber, and <sup>5</sup> \_\_\_\_\_ are versatile and can be eaten raw or cooked. An <sup>6</sup> \_\_\_\_\_, with its mild flavour, is often added to salads, while fruits such as <sup>7</sup> \_\_\_\_\_ and mangoes provide natural sweetness. Cooking methods also affect both taste and health. Steamed or <sup>8</sup> \_\_\_\_\_ dishes help retain nutrients, whereas <sup>9</sup> \_\_\_\_\_ food should be eaten in moderation. Grilled or <sup>10</sup> \_\_\_\_\_ fish and meat are popular choices, offering a delicious balance between flavour and nutrition.