

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 ¹ _____, meat, fruit, and vegetables. For example, ² _____ and tuna are popular fish because they are rich in essential nutrients and healthy fats. Shellfish such as shrimp, mussels, and ³ _____ 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 ⁴ _____. Vegetables like cabbage, cucumber, and ⁵ _____ are versatile and can be eaten raw or cooked. An ⁶ _____, with its mild flavour, is often added to salads, while fruits such as ⁷ _____ and mangoes provide natural sweetness. Cooking methods also affect both taste and health. Steamed or ⁸ _____ dishes help retain nutrients, whereas ⁹ _____ food should be eaten in moderation. Grilled or ¹⁰ _____ fish and meat are popular choices, offering a delicious balance between flavour and nutrition.