

### **PRACTICE 4**

Read three posters about fruit and vegetable juices.

Answer Questions 1 to 4 based on the posters about fruit and vegetable juices (A to C).

Which juice

- 1 has a combination of fruits and vegetables? \_\_\_\_\_
- 2 is suitable for people with less frequent bowel movement? \_\_\_\_\_
- 3 should be taken by one who suffers from tiredness? \_\_\_\_\_
- 4 helps one to retain his youth and avoid a reading hairline? \_\_\_\_\_

<b>A. Flavourful Mix</b>	<b>B. Rainbow Passion</b>	<b>C. Magic Connection</b>
<p><u>Ingredients</u></p> <ul style="list-style-type: none"><li>• Apples</li><li>• Kiwi</li><li>• Oranges</li></ul> <p><u>Health benefits</u></p> <ul style="list-style-type: none"><li>• A glass a day is touted to prevent constipation</li><li>• It helps to relieve stress and fatigue</li><li>• Drinking this juice keeps skin young and supple</li></ul>	<p><u>Ingredients</u></p> <ul style="list-style-type: none"><li>• Passion fruit</li><li>• Beetroot</li><li>• Broccoli</li></ul> <p><u>Health benefits</u></p> <ul style="list-style-type: none"><li>• This drink promotes good vision</li><li>• It cleanses the kidney and liver</li><li>• This wonderful drink keeps the skin vibrant and healthy as it contains antioxidants</li></ul>	<p><u>Ingredients</u></p> <ul style="list-style-type: none"><li>• Carrots</li><li>• Celery</li><li>• Cucumbers</li></ul> <p><u>Health benefits</u></p> <ul style="list-style-type: none"><li>• Drinking this concoction regularly keeps ageing at bay</li><li>• It keeps the gut clear of uric acid</li><li>• This drink keeps the hair thick and glossy</li></ul>