

NAME : \_\_\_\_\_ CLASS : \_\_\_\_\_

Questions 9 - 16

Read the text below and correct the underlined errors.

For each question, write the correct word in the space provided.

### *Delicious Hydration Tips*

Staying hydrated is one of the healthiest (0) habit you can adopt. According to research published in the journal *Nutrients*, mild dehydration interferes with brain processing (9) but compromises your ability to focus. If you are tired of filling the (10) doctor proverbial 'eight glasses of water a day' prescription, try some new (11) way of keeping hydrated. For example, coconut water contains electrolytes, including potassium and sodium, which (12) is critical to proper nerve and muscle function. For summer treat, blend a hydrating fruit such as watermelon with lemon juice. Add coconut water for an electrolyte boost and raw honey if you like. Then fill ice-poop moulds and freeze for about (13) a hour. To be honest, no one wants hot soup (14) in a summer day. Instead, make a classic gazpacho by (15) blended tomato and cucumber with a little garlic and sea salt. Or experiment with cold soups (16) making from other foods with high water content, such as cauliflower, celery, spinach, berries and zucchini. Staying hydrated in the heat doesn't need to be boring.

(8 marks)

Example :

0	habits
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No.	Write your answer
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