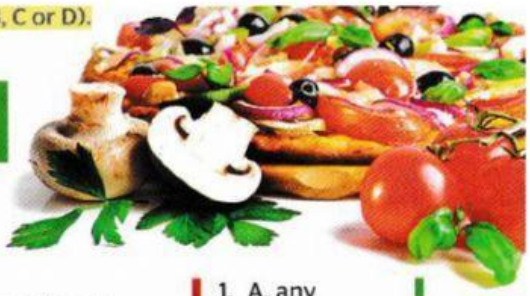
Read the texts below. For questions (1-10) choose the correct answer (A, B, C or D).



Making a Meal of Pizza

Ever wondered who invented the first pizza? Well, it's actually hard to say. Ancient Sardinians baked bread over 7,000 years ago and ancient Greeks had a flat bread to which they added herbs, onions and (1) _____ garlic. The term 'pizza' first appeared in 997 AD in Gaeta, in southern Italy. Perhaps the oldest known pizza that is still eaten today is the Margherita pizza, named to celebrate (2) _____ visit Queen Margherita made to Naples in 1889. Topped with mozzarella, basil and pieces of tomato (which together resemble the colours of the Italian flag), this pizza actually dates back to the early 19th century.

This dish has become popular in many parts of the world. Over 5 billion pizzas are now sold every year with Norwegians eating (3) _____ amount of pizza per person in the world. Each country has its favourite toppings. Italians still love the classic Margherita and have a passion for *pizza quattro stagioni* ('four seasons'), a pizza with artichokes, olives, mushrooms, ham, mozzarella and tomato. Americans are crazy about pepperoni, Brazilians favour green peas while the Dutch like (4) _____ of cheese, meat and onions on theirs.

It is probably safe to say, then, that when making pizza, each nationality takes the ingredients they traditionally cook with, puts them on (5) _____ flat bread and then sticks the result into an oven. And yes, for those with a sweet tooth there are endless recipes for dessert pizzas, with toppings ranging from chocolate and marshmallows to caramel and fruit. Hungry, anyone?

1. A. any
   B. many
   C. a few
   D. a little
2. A. the
   B. that
   C. some
   D. his
3. A. larger
   B. largest
   C. the largest
   D. the larger
4. A. much
   B. lots
   C. many
   D. a little
5. A. any
   B. little
   C. some
   D. no

Chocolate



One of the most popular foods worldwide, chocolate is also surprisingly (6) _____ in vitamins, minerals and antioxidants. The health benefits of chocolate are largely due to the presence of cocoa solids, and the darker the chocolate, the greater the benefits. A 100 g (7) _____ of dark chocolate contains more than 20% of the recommended daily values of riboflavin, B12, manganese, phosphorus and zinc, making it an excellent (8) _____ of these vitamins and minerals. Additionally, the antioxidants found in dark chocolate may improve brain function and help prevent conditions such as Parkinson's disease, diabetes and heart disease. However, health experts caution that even dark chocolate is high in sugar and fat, making it very high in (9) _____. Moreover, fat and sugar content varies widely from one manufacturer to another, and it is advisable to check (10) _____ values on labels before purchase.

6.	A. full	B. rich	C. complete	D. healthy
7.	A. serving	B. meal	C. dish	D. amount
8.	A. source	B. ingredient	C. value	D. product
9.	A. energies	B. benefits	C. risks	D. calories
10.	A. health	B. fitness	C. nutrient	D. fatty

LIVEWORKSHEETS