Read the text and choose the correct word for each space (A, B, C or D).

FOOD TO FEAR



We all know that eating too much junk food is bad for our health, but did you know that eating some kinds of health foods could be just as bad for you?

Michael Simon, who (1) _____ the Center for Informed Food Choices in the USA, says there are sugary sports drinks that are as unhealthy as cola. "These drinks may be (2) _____ for marathon runners, but for kids doing ordinary exercise, they may end up doing more (3) _____ than good."

Breakfast cereals, which of course are very (4) _____ with kids, have also been criticised. Whilst they are often high in fibre, some of them (5) _____ a lot more sugar and salt than you would expect. In addition, some of the foods we have (6) _____ to know as "health snacks" have also been added to the black (7) _____. Although they look and sound nutritious, in most (8) _____ they are much tastier than they are healthy for you. For example, some types of dried fruit were (9) _____ to have more fat and sugar than the fruit they were (10) _____ from.

So next time you decide to cut down (11) _____ junk food, think twice about what you end up eating (12) _____.

1.	A) arranged	B) invented	C) constructed	D) founded
2.	A) precious	B) worthy	C) beneficial	D) valuable
3.	A) loss	B) injury	C) harm	D) damage
4.	A) common	B) known	C) popular	D) famous
5.	A) involve	B) contain	C) consist	D) include
6.	A) come	B) started	C) brought	D) arrived
7.	A) guide	B) account	C) column	D) list
8.	A) cases	B) purposes	C) occasions	D) situations
9.	A) searched	B) found	C) discovered	D) realised
10.	A) produced	B) created	C) formed	D) developed
11.	A) with	B) from	C) on	D) for
12.	A) instead	B) or else	C) in place	D) alternatively