

Read the text and choose the correct word for each space.

## FUNCTIONAL FOODS



In the 21<sup>st</sup> century food will do more 1) \_\_\_\_\_ just feed you. A new range 2) \_\_\_\_\_ products appearing 3) \_\_\_\_\_ shelves in shops and supermarkets is designed 4) \_\_\_\_\_ give you specific health benefits. The demands of modern life make these foods very attractive. Not 5) \_\_\_\_\_ do they provide proven ways to improve health, but they are 6) \_\_\_\_\_ very attractive as a quick convenient way of making sure we enjoy a healthy diet.

In some countries 7) \_\_\_\_\_ is already possible to buy crisps that make you feel 8) \_\_\_\_\_ depressed, chewing gum that increases your brain power and tea that helps you get over the tiredness associated 9) \_\_\_\_\_ long-distance air travel. 10) \_\_\_\_\_ the future, experts promise biscuits that will keep your heart healthy, 11) \_\_\_\_\_ a hot chocolate drink to give you strong bones.

Despite the 12) \_\_\_\_\_ that these “functional” foods cannot replace a balanced diet and regular exercise, 13) \_\_\_\_\_ can help the body perform at 14) \_\_\_\_\_ best a lot of the time. 15) \_\_\_\_\_ present, these foods are more expensive than 16) \_\_\_\_\_ foods, but that is due to the ingredients they consist of and the way they 17) \_\_\_\_\_ made. All the foods contain probiotics that increase the number of “good” bacteria 18) \_\_\_\_\_ your stomach, helping to keep your digestive system healthy.

There may even 19) \_\_\_\_\_ a functional food to protect your eyesight, so keep an eye out as you never know 20) \_\_\_\_\_ you might be eating tomorrow!