

C Read the incomplete sentence below. Then look at each gap carefully. What type of word do you need for each gap?

Butter and olive oil are both fats but olive oil is a (1) _____ fat and is better (2) _____ you because it (3) _____ your body from (4) _____.

D Find the words 1–5 in the text and match them to their definitions a–e.

1 evidence ☐

2 process ☐

3 liquid ☐

4 civilisation ☐

5 disease ☐

a something like water that you can pour easily

b a series of things that you do to make something

c reasons for believing that something is or isn't true

d an illness; something that makes you very sick

e a large group of people with its own culture