

PART 3

You should spend about 20 minutes in this part.

Read the text below and complete the following table with **no more than three words and/or a number** from the text for each answer.

Watermelon

Being about 90% water, watermelon is a good summertime fruit to keep you hydrated. Because of its inherent sugars, it can help quench a sweet tooth. There are antioxidants in watermelon as well. Free radicals, often referred to as reactive species, are molecules that these drugs can assist in eliminating from the body. As a result of normal bodily functions including metabolism, free radicals are created. Aside from smoking, other environmental stresses including stress and air pollution can also cause them to grow.

Oxidative stress can happen if the body retains an excessive number of free radicals. This may cause harm to cells and increase the risk of several illnesses, including cancer and heart disease. Certain free radicals can be eliminated by the body organically, although dietary antioxidants aid in this process.

Certain scientists believe that free radicals have a role in the development of asthma. Some antioxidants, such as vitamin C, may lower the chance of developing asthma in the lungs. Although using vitamin C pills has not been shown to help prevent asthma, eating a diet high in vitamin C may provide some protection. 12.5 mg, or 14% to 16% of a person's daily requirements of vitamin C can be found in a cup of watermelon balls, which weigh approximately 154 grammes (g).

In addition to being mostly watery, watermelon also contains some fibre. These nutrients encourage regular bowel movements and help prevent constipation, both of which are indicators of a healthy gut.

When buying a watermelon, consumers should go for one that is evenly shaped, robust and free of bruises or soft spots. You may determine the texture of the fruit within by tapping its exterior. Keep an ear out for a thud that sounds nearly hollow. This shows that the fruit and water within are whole and have a sturdy structure.

(Adapted from: <https://www.medicalnewstoday.com/articles/266886>)



WATERMELON

Helping quench sweet tooth	17. _____
Function of the antioxidants	18. _____
Free radical might develop this illness.	19. _____
It reduces the development of asthma in the lungs	20. _____
Helping in a regular bowel movement	21. _____
Criteria of a good watermelon	22. _____ 23. _____ 24. _____

[8 marks]