PART 4

You should spend about 20 minutes in this part.

Read the text and answer the questions that follow.

Choose **no more than five words and/or a number** from the text for each answer.

BROCCOLI

Along with kale, cauliflower, Brussels sprouts, bok choy, cabbage, collard greens, rutabaga and turnips, broccoli belongs to the cruciferous family of vegetables. In addition to being high in nutrients and antioxidants that are good for many areas of human health, broccoli is low in calories. Broccoli is a fantastic source of antioxidants, vitamins and minerals. Numerous ailments can be halted in their tracks by antioxidants.

Many of these can be eliminated by the body, but antioxidants in food can aid the process. A variety of antioxidants found in cruciferous vegetables could potentially be able to stop the kind of cell damage that causes cancer. Among these is sulforaphane, a sulphur-containing substance that imparts a harsh tang to cruciferous vegetables. According to some experts, cruciferous vegetables, including broccoli, may be useful in "green chemoprevention", a method of preventing cancer by using extracts or the entire plant.

Additionally, cruciferous veggies have indole-3-carbinol. According to 2019 research, this substance might have potent anticancer effects. Collagen and calcium combine to form strong bones. The bones and teeth contain more than 99 percent of the calcium in the body. Vitamin C is also required by the body to make collagen. Broccoli contains both.

In addition to its function in blood coagulation, vitamin K has been proposed by certain specialists as a potential preventive or therapeutic measure for osteoporosis. Individuals who have low vitamin K levels may be more susceptible to bone formation issues. Consuming an adequate amount of vitamin K through food may help maintain strong bones.

Antioxidants like vitamin C have several advantages. It boosts immunity and may guard against anaemia, cataracts, cancer and cardiovascular disease (CVD). When taken as a supplement, it might also help lessen cold symptoms and minimise the duration of a cold. Collagen, the primary structural support system for all bodily cells and organs, including the skin, is produced by the body with the aid of vitamin C. Because it is an antioxidant, vitamin C can also help avoid skin damage from ageing, such as wrinkles.

Research has indicated that vitamin C might be useful in the treatment or prevention of skin diseases, such as skin cancer and shingles. In addition to preventing constipation, maintaining a healthy digestive system, and lowering the risk of colon cancer, dietary fibre can assist in encouraging regularity. It is believed that individuals with the highest fibre intake had a lower risk of colorectal cancer than those with the lowest fibre intake.

(Adapted from: https://www.medicalnewstoday.com/articles/266765#Health-benefits)

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25. Broccoli is a member of the vegetable family _____.

26. Broccoli is low in calories and _____ that are beneficial to many aspects of human health.

27. Cruciferous vegetables contain a range of _____ that may be able to prevent cancer.

28. _____ work together to create strong bones.

29. Apart from its role in _____, some experts have suggested that vitamin K could be used to prevent osteoporosis.

30. Vitamin C supplements may also help reduce _____ and shorten the illness's duration.

31. Studies have suggested that vitamin C may be helpful in the avoidance of _____.

32. People who consumed the most fibre had a _____ than those who consumed less fibre.

Questions 33 and 34

Complete the table below with **a word** *from the text.*

For each question, write your answer in the space provided on your answer sheet.

Meaning	Word
33. preventive	
34. indicate	

[10 *marks*]

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