PERÚ Ministerio de Educación

BENEFITS OF PERUVIAN NATURAL PRODUCTS

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I. Read carefully the paragraphs and complete the blank spaces with the words in the box:



Coconut water is effective at **replenishing fluids and electrolytes** after exercise. It's better than other sports beverages.



Aguaje helps to **balance hormone levels**. Also, it's the reduction of menopause effects. Another greatest benefit is an anti-cancer effect, against breast, colon and prostate tumors.



Cacao improves **mental health** because of its ability to lower stress levels and encourage feelings of relaxation.



Bananas are best known for containing potassium, which is very important in our **heart health** because protect it of high blood pressure.

1. If we eat _____ , we protect our heart health.
2. If you eat _____ , you can balance the hormone levels in your body.
3. If we eat _____ , we protect our mental health.
4. If we drink _____ water, we add fluids and electrolytes to our body.
5. _____ contains potassium and protects you from high blood pressure.
6. _____ is better than other sports beverages.
7. _____ has anti-cancer effect, against breast, colon and prostate tumors.
8. _____ lower stress levels and gives relaxation.

LIVEWORKSHEETS