

Peanut butter is good for you!

With 'peanuts' and 'butter' in its name, peanut butter doesn't (1) (EXACT) sound good for us. Common sense tells us that neither food is a particularly healthy (2)..... (CHOOSE) given their high fat content. The product's (3)..... (POPULAR), however, has led to research, and it's good news to learn that many food science (4)..... (SPECIAL) say it isn't as bad for us as we might have thought.

Peanut butter is (5)..... (DOUBT) versatile – it can be eaten with everything from raw vegetable sticks to toast – but the fat it contains is also monounsaturated (the 'right' kind of fat), which is believed to be good for the heart. Peanut butter also contains a (6) (SUBSTANCE) amount of protein, which contains important nutrients for growing kids. (7)..... (ADD), it contains iron, B vitamins and fibre, all of which are necessary for the (8) (MAINTAIN) of a healthy body. So, next time you're told to put the top back on the jar, you'll be able to offer an (9)..... (EXPLAIN) as to why just one more spoonful is good for you!