

You are going to read an article about the diet which was named best diet for the fifth time in a row in January 2022. Some words are missing from the text. Your task is to choose the most appropriate word from the list (A-M) for each gap (1-8) in the text. Write the letter of the appropriate word in the white box. You can use each word only once. There are three extra words that you do not need to use. There is one example (0) at the beginning.



THE MEDITERRANEAN DIET

For the fifth year in a row, the Mediterranean diet (0) _____ first in the annual race for best diet.

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The diet, which is more of an eating style, is the easiest to (1) _____ and the best for healthy eating and to prevent various diseases.

The diet includes simple, plant-based cooking, with the majority of each meal focused on (2) _____ and vegetables, whole grains, beans and seeds, with a few nuts. Fats (3) _____ than olive oil, such as butter, are rarely eaten, if at all, and sweets are reserved for special occasions. Red meat is (4) _____ only in small amounts. Eating fish is encouraged, (5) _____ eggs, milk products and poultry (chicken, turkey etc.) are eaten in much smaller portions than (6) _____ the traditional Western diet.

Social interactions during (7) _____ and exercise are considered very important. Lifestyle changes that are part of the diet (8) _____ eating with friends and family, eating favourite foods, as well as taking exercise.

1)		
2)		
3)		
4)		
5)		
6)		
7)		
8)		

A) DRUNK

D) FRUITS

G) INCLUDE

K) OTHER

B) FOLLOW

E) IF

H) MAKE

L) USED

~~C) CAME~~

F) IN

I) MEALS

M) WHILE

8 pont

