A possible solution to a major health problem

by Andrew Kerr, Health Correspondent

New research shows that an unhealthy diet can actually have a damaging effect **(1)**…… the brains and the behaviour of secondary school pupils. Some teenagers virtually live on junk food, **(2)**……. instance burgers and chocolate. These are often widely available, and can **(3)**…… bought on the way to or from school. For some teenagers, junk food makes up as **(4)**…… as 30 percent of their diet. 'What's more, fewer than one in ten teenagers eats the recommended five daily portions **(5)**…… fruit and vegetables. Experts are warning of a nutrition crisis in **(6)**…… teenagers are deprived of essential dairy products and proteins.

But **(7)**…… to new research by Oxford University, giving teenagers a health supplement pill can really help. The vast majority of teenagers in the UK eat absolutely **(8)**…… fish at all, and the pill contains fish oil that is essential for the teenage brain. Researchers found that this led to a reduction **(9)**…… poor concentration and improved academic performance.

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