

A) Read the text below and choose the correct answers from the list of options given.

Honey

Honey is a natural sweetener with nothing artificial added. Many people believe it's

(1) for you than sugar. It's easy to eat, you can use it in a variety of recipes and it lasts for a very long time. Although most people think of honey as no more than a sweetener for tea or yoghurt, honey has many health benefits, too. Imagine this : you can't sleep because your nose is blocked and you can't stop coughing.

Colds make us feel miserable and coughing stops us from sleeping, so (2) of people take pills and cough syrups to get better. Scientific research, however, has shown that there's no evidence that these medicines work.

(3) are now suggesting that we take honey to help (4) improve our health. It has been harvested and used as a medicine for hundreds of years by civilisations all over the world. How does honey help? Well, because it's thick and sticky liquid, it coats the inside of your throat and can stop you coughing. It also contains substances that are very important to help prevent diseases. These substances are known as antioxidants and are also found in fresh fruit and vegetables, olive oil, and oregano.

Honey is also great for athletes and anyone who needs extra energy. The human body gets most of (5) energy from carbohydrates (natural sugars). Foods such as bread, rice, pasta and potatoes have plenty of carbohydrates. Honey also contains a lot of them. Carbohydrates are necessary for athletes to (6) them keep going when they are training, so it's a good idea to eat honey before exercising, or (7) sport.

There are lots 8) healthy ways to enjoy honey. Try mixing it with yoghurt, fruit and crushed nuts, or you can even make a tasty honey sandwich. You can even make your own energy bars filled (9) dried fruit, cereal and honey. Whether you need an energy boost, or just something deliciously sweet to eat, honey is the perfect natural energy source.

But that's not all! You (10) use honey to make your own fantastic beauty products. Mix strawberries, honey, almond oil and a drop of vitamin E oil to make a natural lip gloss. Or, make a conditioner for your hair from honey and olive oil. Look for beauty recipes online. It's usually a simple process, they cost you almost nothing to make, and they're all natural.

Honey - so good in so many ways.

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| 1) | A) good | B) better | C) well | D) best |
| 2) | A) many | B) lot | C) lots | D) several |
| 3) | A) Some | B) None | C) Someone | D) Everyone |
| 4) | A) me | B) us | C) you | D) them |
| 5) | A) our | B) his | C) my | D) its |
| 6) | A) give | B) help | C) stop | D) save |
| 7) | A) playing | B) making | C) going | D) having |
| 8) | A) for | B) at | C) of | D) on |
| 9) | A) on | B) of | C) in | D) with |
| 10) | A) can | B) do | C) will | D) can't |

