

Text 2

The Health Benefits of Beetroot Juice



Historically only the leaves were eaten while the beet root was used as medicine to deal with a range of illnesses, such as fever, constipation and skin problems.

Beetroots have a range of nutrients including iron and folate. They also contain nitrates, betaine, magnesium and other antioxidants.

Some believes that drinking beetroot juice can help to lower your blood pressure, boost your energy levels and prevent dementia. The NHS has teamed up with the British Dietetic Association to see if this is supported by evidence.

Blood Pressure: The nitrates found in beetroots convert into nitric oxide in the body, which is thought to lower blood pressure. A 2013 study concluded that this is very possible.

Can beetroot juice increase your energy output? Another study from 2013 found that individuals who did very little exercise saw "moderate improvements" in exercise performance. However, elite athletes saw little to no improvements.

Does beetroot prevent dementia? A study from 2010 showed that beetroot juice increases blood flow to certain parts of the brain. However, this was a short-term study and did not provide concrete evidence that it helps with cognitive function.

Alison Hornby, a dietitian and BDA spokesperson, says: "Beetroot and beetroot juice, along with green leafy vegetables, cabbage and celery, are very useful as part of a balanced diet as their nitrate content may help to reduce blood pressure."

Adapted from an article on the NHS website 12/06/2013

URL: <http://www.nhs.uk/Livewell/superfoods/Pages/is-beetroot-a-superfood.aspx>

11. The purpose of this article is to:
- a. inform people about the benefits of beetroots.
 - b. warn people not to eat beetroots.
 - c. encourage people to eat beetroots every day.
12. Nitrates and magnesium are examples of:
- a. illnesses
 - b. nutrients in beetroots
 - c. benefits of beetroot juice
13. Drinking beetroot juice may:
- a. increase your blood pressure.
 - b. help with weight loss.
 - c. lower your blood pressure.
14. Which word could replace the word, 'boost' on line 20:
- a. Balance
 - b. Increase
 - c. Decrease
15. People who do less exercise and drink beetroot juice will:
- a. see some improvements in exercise performance.
 - b. have the same energy output.
 - c. see no improvements in exercise performance.
16. There is a spelling mistake on which line:
- a. 28
 - b. 33
 - c. 37
17. There is a grammar error on line:
- a. 13
 - b. 16
 - c. 19
18. The phrase 'concrete evidence' on line 33 means:
- a. strong evidence
 - b. suspicious evidence
 - c. inconclusive evidence

19. Using beetroot juice to prevent dementia:
- a. is useless.
 - b. could possibly help.
 - c. is certain to help.
20. Alison Hornby believes that:
- a. beetroots are the healthiest vegetable.
 - b. may help to lower your blood pressure.
 - c. should be eaten with cabbage.