**Top 10 Superfoods**

**1. Vocabulary Match**

***A Word B Meaning***

1 anti-oxidant a makes bones stronger

2 reduce b to protect the body from harmful stuff

3 cocoa c helpful fat for heart health

4 sodium d to make something less or smaller

5 omega-3 fatty acids e found in chocolate

6 honey f a natural sweetener from bees

7 cholesterol g a type of fat in the blood

8 immune system h protects your body from illness

9 vitamins i healthy nutrients like A, C, D

10 calcium j harmful salt in regular potatoes

11 fiber k helps digestion and keeps you full

12 heal l to make healthy again or recover

### ****2. Fill in the Gaps****

1. \_\_\_\_\_\_ are used in Chinese medicine and are rich in vitamins.
2. \_\_\_\_\_\_ contain potassium and are a better option than regular potatoes.
3. \_\_\_\_\_\_ help improve memory thanks to anti-oxidants.
4. If chocolate has more than 70% \_\_\_\_\_\_, it is considered healthy.
5. \_\_\_\_\_\_ can help reduce cholesterol levels.
6. \_\_\_\_\_\_ is a vegetable high in fiber and vitamin K.
7. \_\_\_\_\_\_ are high in protein, calcium and Vitamin E.
8. \_\_\_\_\_\_ is a natural alternative to sugar.
9. \_\_\_\_\_\_ is good for your heart due to its omega-3 acids.
10. The white part of an \_\_\_\_\_\_ helps strengthen bones and nails.

**3. Choose 2 superfoods from the list. Describe why they are healthy and how you would eat them.**