



MULTIPLE CHOICE CLOZE

Read the text and choose the correct option

Fruit and vegetables

There was a popular media campaign _____ (1) in 2003 that stated that _____ (2) needs to eat at least 5 pieces of fruit and veg a day, but what has been _____ (3) from this campaign is the “at least” part. It does not mean that with five bits of fruit and veg each day, you will be _____ (4) and live a longer life, it means that as a minimum, you should eat five in order to get the _____ (5) vitamins and minerals that your body so desperately needs. The issue is that we should _____ (6) be eating more than five each day, because let’s face it, five isn’t really that much when we _____ (7) the amount of junk food and sweets that we consume. The best way to stay fit and healthy is to cut out the crap and eat fruit instead. it is almost impossible to overeat with fruit so you can have as much as you like. It is also nice. One _____ (8) thing, just so you know, potatoes don’t count as one of your five a day. Sorry to be the bearer of bad news.

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|----------------|-------------|--------------|--------------|
| 1. a. set | b. build | c. launched | d. done |
| 2. a. anyone | b. someone | c. everyone | d. noone |
| 3. a. taken | b. removed | c. expelled | d. lost |
| 4. a. healthy | b. health | c. healthily | d. unhealthy |
| 5. a. better | b. best | c. major | d. essential |
| 6. a. probably | b. likely | c. probably | d. possibly |
| 7. a. think | b. consider | c. reckon | d. believe |
| 8. a. another | b. others | c. other | d. each |

Fruit and vegetables

There was a popular media campaign **launched** in 2003 that stated that **everyone** needs to eat at least 5 pieces of fruit and veg a day, but what has been **lost** from this campaign is the “at least” part. It does not mean that with five bits of fruit and veg each day, you will be **healthy** and live a longer life, it means that as a minimum, you should eat five in order to get the **essential** vitamins and minerals that your body so desperately needs. The issue is that we should **probably** be eating more than five each day, because let’s face it, five isn’t really that much when we **consider** the amount of junk food and sweets that we consume. The best way to stay fit and healthy is to cut out the crap and eat fruit instead. it is almost impossible to overeat with fruit so you can have as much as you like. It is also nice. One **other** thing, just so you know, potatoes don’t count as one of your five a day. Sorry to be the bearer of bad news.