

Reading and Use of English 2

Read the text and think of the word which best fits each gap. Use only one word in each gap.

Write your answers in CAPITAL LETTERS.

What are Pomegranates good for?

by Dr. Mercola

Pomegranates (0) HAVE been enjoyed for thousands of years and are a symbol of hope and abundance in many cultures. They've been found in Egyptian tombs, eaten by Babylonian soldiers prior to battle and incorporated into Persian wedding ceremonies to symbolise (1) _____ joyous future.

It's even been suggested that (2) _____ was pomegranates, and not apples, that grew in the Garden of Eden. Pomegranate literally translates to "seeded apple," but research shows pomegranates may pack even more nutritional punch.

Sometimes referred (3) _____ as the "Chinese apple" or "Jewel of the winter," (In North America, pomegranates are in season during early winter,) pomegranates are one of the world's most popular fruits.

In North America, they're often overshadowed by more common fruits like apples and oranges, but once you learn how to eat them (It's not as hard as you might think.), this is one fruit that can (4) _____ valuable nutrition, including antioxidants, to your regular diet.

The primary source of pomegranate's benefits comes from its antioxidant content, particularly ellagitannin compounds like punicalagins and punicalins, which account for about half of the pomegranate's antioxidant ability. It's also an excellent source of the antioxidant vitamin C, with one pomegranate providing about 40 per cent of the daily requirement for vitamins.

In fact, according to a 2008 study, which compared the potency of 10 different polyphenol-rich beverages, pomegranate juice scored top billing as the most healthful of them all. Its potency was found to be at least 20 per cent greater than any of the other beverages tested, beating out Concord grape juice, acai, and blueberry juice – three well-known sources of potent antioxidants. It beat them primarily (5) _____ it contains the most of every type of antioxidant.

As long as you have these important micronutrients, your body will be able to resist cellular damage and ageing caused (6) _____ your everyday exposure to pollutants.

If you (7) _____ have an adequate supply of antioxidants to help neutralise free radicals, then you can be at risk of oxidative stress, which leads to accelerated tissue and organ damage. Antioxidants may also help you to (8) _____ chronic inflammation in your body.