

## Top 10 Superfoods

A superfood is not just ordinary food, it is food that for some reason is especially good for your health, nature's own medicine!

### 1. Honey

Honey is natural and much better for you than sugar because it contains many vitamins, it can even heal wounds if you put some kinds of honey on your skin.



### 2. Blueberries

Blueberries contain anti-oxidants which reduce toxins in your body and help your memory.

### 3. Dark Chocolate

If your chocolate has 70% or more cocoa, eating a little dark chocolate can be very good for you and can actually reduce blood pressure.



### 4. Pistachio Nuts

Pistachios are the least fattening nut, also proven to reduce cholesterol levels in the body.

### 5. Egg Whites

The healthier part of the egg, the egg white can help you maintain strong bones, muscles, nails, and hair.

### 6. Broccoli

It's a rich source of vitamin A, vitamin C, and bone-building vitamin K, and has plenty of fibre to fill you up and help control your weight.



### 7. Sweet potatoes

Orange vegetables can be especially good for you because they contain so many vitamins. Sweet potatoes make a great alternative to ordinary potatoes because they contain healthier potassium instead of sodium.

### 8. Almonds

These nuts are high in protein and in Vitamin E, and calcium. You can also make them into healthy almond milk.



### 9. Salmon

This fish is a super food because of its omega-3 fatty acid content. Studies show that omega-3 fatty acids help protect heart health.



### 10. Goji Berries



Goji Berries have been used in Chinese medicine for centuries. They are high in vitamins B, C & E, and support a healthy immune system, liver and heart.

## Questions 1–5. Write the correct numbers.

1. Which superfood can be made into milk?
2. Which superfood can heal wounds?
3. Which superfood can reduce blood pressure?
4. Which **two** superfoods can protect your heart?
5. Which superfood is good for your bones?

## Questions 6-12. True, false or not given?

6. Sweet potatoes are better for your health than ordinary potatoes.
7. Omega 3 fatty acids are good for your liver.
8. Eating any kind of chocolate is good for your health.
9. Honey is better for your health than sugar.
10. Broccoli can help you if you are on a diet.
11. Egg white is very high in protein.
12. Blueberries do not help reduce toxins in your body.

## Discussion

- ❖ Do you eat any superfoods in this list? If so, which ones?
- ❖ Would you like try any superfoods from this list or add them to your diet?
- ❖ Do you think superfoods really work to make you healthier?
- ❖ Do you know of any other superfoods?
- ❖ If you take vitamins, would you ever give up taking vitamins and eat superfoods instead?