

Read the texts below and think of the Word which Best fits each space. Use only one word in each space.

Laughter

You not only laugh more 1) you are relaxed, but you 2)..... relax when you laugh, and it has 3)..... found that when you're 4)..... holiday it is easier to do both.

But for 5)..... people laughter is not just a pleasure, it is a 6)..... of fighting illness. Some hospitals have begun to bring in clowns to relieve the silent, depressing atmosphere, especially in children's wards.

This scheme is called "Medical Smile" and it helps sick children in a 7)..... that doctors, with all 8)..... knowledge, can't do. The effect of the clowns is more 9) psychological. Laughter helps strengthen the immune system – 10)..... is, the part of our bodies 11) fights off disease. We take 12)..... more oxygen when we laugh, and our heartbeat slows 13)..... .

Hospital clowns are becoming more 14)..... more popular because 15)..... the positive effect they have. They both relieve depression, which tends to 16) illnesses worse, and give people the will to fight their illnesses themselves.

Tasty snacks

We 17)..... love to eat between meals, 18) it's a bar of chocolate after breakfast or a packet of crisps before dinner. But when we think 19)..... it, most of these "snack" foods are 20)of fat, salt and sugar and thus contain a 21) of calories. Another disadvantage is that after 22)..... consumed these foods, there is a temptation to eat 23)..... as they still leave you feeling hungry. But who says snack foods have to be bad 24)..... you? They can, in 25), be very good for you if you just choose carefully.

One of the best and healthiest snack options is dried fruit. It's really tasty and makes a brilliant, easy-to-eat snack, as 26)..... as leaving you satisfied. 27)is also a great variety to choose 28)..... with dried bananas, apricots, grapes and apples available at 29) supermarkets. You can enjoy dried fruit for morning and afternoon breaks, at school or at work, in the car or 30)..... Watching television. Dried fruit also makes the perfect food for late -night homework sessions. So next time you fancy 31)..... sweet, try the healthy option and you'll 32)..... pleasantly surprised.

Send your answers on email alexkor@interia.pl till 25. 01. 2017