

Connectives 7

Read the article below. Fill in each blank with the appropriate connective word from the box. Each word in the box is used once.

for example	similarly	in addition	however	since	but
also	because	as	therefore	however	and

If you are wondering why your ‘healthy’ diet of smoothies (1) _____ brown bread with honey is failing to reduce your waistline, wonder no longer. They are on a list created by diet experts at a supermarket highlighting foods considered healthy but which might be dangerous for those trying to lose weight.

The list (2) _____ includes olive oil, juice, chicken, granola, and low-fat biscuits. Catherine Matthews, a nutritionist with the supermarket, said: ‘You may think a fruit or veggie smoothie is packed with vitamins and minerals, (3) _____ it’s also full of sugar. Some contain as much sugar as fizzy drinks.’

(4) _____, the supermarket’s Mango Smoothie appears to be a healthy combination of pineapple juice, banana purée and mango. (5) _____, it also has 15.7g of sugar per 100ml, which is almost 50 per cent more than the 10.6g in 100ml can of Coke.

(6) _____, low-fat yoghurt, biscuits and other treats, often have more calories than the standard version (7) _____ manufacturers pack them with sugar to make up for the loss of flavour when fat is removed. (8) _____, even more surprising is the inclusion of chicken, which is usually seen as a healthy alternative to red meat.

The way it is cooked is crucial (9) _____ leaving the skin on and frying it trebles the calorie count in a chicken breast from 100 to 300. (10) _____, the healthiest way to cook chicken is without the skin on

Miss Matthews said those who want to lose weight should eat a high-protein breakfast such as eggs, (11) _____ this tends to make you feel fuller for longer. (12) _____, she recommends a diet containing plenty of fruit and vegetables and suggested people carry around a bottle of water to sip through the day.