

It is difficult to imagine a world without tomatoes. These days, the bright red fruit plays an important role in the cooking of many cultures and is a key ingredient in many types of fast food, (1) ... both taste and colour to dishes that otherwise would be rather ordinary. The tomato (2) ... to the nightshade family of plants, many members of which are poisonous. When they were first (3) ... into North America, therefore, tomatoes were viewed with (4) ... and people tended to use them as table decorations rather than as food. In Europe, the tomato was first grown in Italy in 1555, although it wasn't (5) ... with pasta until much later. The first (6) ... for tomato ketchup dates from 1727 and in the 1800s, tomatoes began to be used more (7) ... in soups and soups. These days, as well as tasting good, tomatoes are (8) ... to contain substances which are good for our health. Nutritionists (9) ... out, however, that many processed tomato products also contain additives such as salt and Sugar which can (10) ... the beneficial effects of the fruit.

Прочитайте текст. Выберите один из предложенных вариантов ответа. Заполните пропуск (10).

- 1) reduce    2) refuse    3) shorten    4) low