

There's no (1) ... to settle for an unhealthy lunch from home or the mysterious unhealthy food in the cafeteria. Why not eat a lunch that is delicious and good for you? Did you know that the types of foods you choose (2) ... your mood and energy levels? According to dietician Andrea Garen, a healthy lunch 'needs to combine nutrient-rich foods from several food groups to (3) ... energy and concentration for several (4) ... .' And, since teenagers are growing and (5) ... through changes, the need for nutrients is (6) ... more significant. 'Because of development, calcium needs are greater during adolescence than at any other time,' says Mary Choate, a food and nutrition educator. 'Good sources of calcium (7) ... dairy products and calcium-fortified cereals.' And, that's just the beginning. A balanced meal has a (8) ... variety of colours and flavours, so you'll never get bored. Basically, any lunch should contain (9) ... three ounces of protein, plus some good sources of carbohydrates. Lots of nutritious fruits and vegetables are also (10) ... .

Прочитайте текст. Выберите один из предложенных вариантов ответа. Заполните пропуск (3).

- 1) include    2) hold    3) maintain    4) defend