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Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Check that you have the correct question paper.
- You will have time at the beginning of each part to read the questions before you hear the recording.
- You will hear each recording twice.
- Answer **all** questions.
- Answer the questions in the spaces provided
– *there may be more space than you need.*
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Information

- The total mark for this paper is 40.
- The marks for **each** question are shown in brackets
– *use this as a guide as to how much time to spend on each question.*

Advice

- Write your answers clearly and neatly.
- Read each question carefully and keep to the word limits given.
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web oct 26 2023 add fruit to plain fat free low fat yogurt or fat free low fat cottage cheese such as berries sliced cherries or pineapple add fruit to oatmeal such as sliced peaches apples or pears eat whole fruits however if you drink fruit or vegetable juice keep your serving to ½ cup and be sure it s labeled 100

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web the healthiest fruits include blueberries bananas avocados and citrus fruits the healthiest vegetables include kale spinach carrots and sweet potatoes fruits and vegetables are healthy because they re rich in vitamins

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web we summarize the epidemiological and clinical studies on the health benefits of fruits and vegetables finally we discuss the role of fiber in fruits and vegetables in disease prevention adv nutr 3 506 516 2012 introduction diets high in fruits and vegetables are widely recommended for their health promoting properties fruits and

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web oct 30 2023 two handfuls of blueberries or raspberries one heaped tablespoon of dried fruit such as sultanas currants or raisins three heaped tablespoons of vegetables such as sweetcorn or peas three heaped tablespoons of any pulse beans peas or lentils one cereal bowl of raw leafy greens such as lettuce watercress or spinach