

Pineapple Power: Discover the Amazing Health Benefits!

Pineapple is a popular fruit, but not many people know about its health benefits. This fruit is not only sweet and sticky, but it is also said to help with digestion, because it contains a substance called bromelain. Bromelain can break down proteins, making it easier for your stomach to digest food. In addition, scientists have found that the substance can also benefit people who are suffering from sore throat and colds by reducing the pain in the body.

Recent studies have shown that pineapple may be used to treat difficult-to-cure illnesses such as cancer and hay fever. Although it is not confirmed yet, researchers are hopeful about these potential benefits. Bromelain, found in pineapple, is being studied for its abilities to reduce the growth of cancer cells and make allergy symptoms better. Eating pineapple can be both enjoyable and beneficial for your health.

1. What is one benefit of eating pineapples?

- a) They are only sweet and sticky.
- b) They can aid digestion.
- c) They are hard to digest.
- d) They are only popular in some regions.

2. Which of the following is NOT true about pineapples?

- a) They contain a substance called bromelain.
- b) They are confirmed to cure cancer and hay fever.
- c) They may help with sore throats and colds.
- d) They are said to aid digestion.

Should You Rest or Move After Knee Surgery?

It is often believed that resting is important for people who have just had surgery. Some people think that it is better not to return to school or work immediately after surgery. However, doctors say that people who have undergone knee surgery should not rest for a long time. Knees are involved in movement, so not moving them can have negative effects. (___1___), doctors recommend starting to move the knee gradually.

Doctors warn that keeping the knee still can cause problems, even if it seems to help in the short term. (___2___) the pain, it is important to start moving the knee slowly. This gradual movement can lead to a quicker recovery in the long run. Patients are encouraged to follow their doctors' advice and start light activities as soon as possible.

1. (___1___)

- A. In addition
- B. For example
- C. Therefore
- D. However

2. (___2___)

- A. Despite
- B. Due to
- C. Instead of
- D. Because of