

Read the passage and choose the best word or phrase from among the four choices for each blank. Then, on your answer sheet, find the number of the question and mark your answer.

The Lighter Side of Dark Chocolate

For many years, doctors have asked people to exercise, be careful of what they eat, and avoid foods that are high in fat and sugar. These include deep-fried foods such as fried chicken and French fries, as well as sweet snacks like donuts, candy, and chocolate. Avoiding junk food is generally good advice, as too much fat and sugar can cause several significant health problems. Recent research, however, indicates that chocolate is sometimes not so bad. In fact, it (1). It comes down to what exactly goes into the chocolate.

The key is cocoa. The chocolate usually sold at the local supermarket is, for the most part, delicious. However, it can have as little as 10% cocoa. The rest of it is mostly fat and sugar — exactly what doctors tell people to avoid. (2), dark chocolate normally has over 50% cocoa, with some brands producing extra dark chocolate bars that are made of 85% cocoa or more. These are rich in taste but also bitter, which makes them more popular with adults rather than children.

Cocoa-rich chocolate can be beneficial to the body; it is rich in minerals, it can lower blood pressure, protect against heart disease, defend the skin from the sun's harmful rays, and even improve brain function. But it is important to (3). This is because it is also high in calories despite its health benefits. As with most foods, too much dark chocolate can be a problem. People need to maintain a balanced diet, but, fortunately, dark chocolate can be a delicious part of it.

- (1) 1 is worse than first thought
2 has almost no fat or sugar in it
3 has more calories than donuts
4 can be good for people's health

(1) ① ② ③ ④

- (2) 1 For example
2 On the other hand
3 Besides
4 In addition

(2) ① ② ③ ④

- (3) 1 have it in small amounts
2 combine it with fat and sugar
3 consult with a doctor before buying it
4 check how much cocoa it has

(3) ① ② ③ ④