30.1

1. large quantities
2. considered      be good for
3. high fat content
4. long-term

30.2

1. Wholemeal bread
2. Fizzy drinks
3. oily fish
4. Processed foods
5. mental health

30.3

1. d
2. c
3. a
4. b

30.4

1. c
2. b
3. a
4. b

30.5

1. ~~time~~ term
2. ~~sauce~~ source, ~~mayor~~ major
3. ~~fishes~~ fish
4. ~~which~~ what, ~~fruits~~ fruit
5. ~~foods~~ food
6. ~~raise~~ rise, ~~depresion~~ depression

30.6

1. harm / harmful
2. obese / obesity
3. harmful / harms
4. fit / fitness, exercises / exercise

30.7

fruit and nuts - superfoods, healthy food

sweets - not healthy food

fish - superfoods, healthy food

I eat some superfoods because I enjoy them and I’m glad that they’re good for my health.