Food item names used in the text:

1. Crispy potato slices

2. Olive oil

3. Plant Chef Cumberland-style bangers

4. Tesco Finest sweet and fiery beetroot

5. Clear honey

6. English mustard

7. Crushed chillies

Health benefits of these items:

1. \*\*Crispy potato slices:\*\* Potatoes are a good source of vitamins, minerals, and fiber. However, the health benefits can be influenced by the cooking method.

2. \*\*Olive oil:\*\* Rich in monounsaturated fats and antioxidants, olive oil is associated with heart health and has anti-inflammatory properties.

3. \*\*Plant Chef Cumberland-style bangers:\*\* Plant-based sausages can be a good source of protein without the saturated fat found in traditional meat sausages. They are often lower in calories and cholesterol.

4. \*\*Tesco Finest sweet and fiery beetroot:\*\* Beetroots are high in vitamins, minerals, and antioxidants. They may contribute to lower blood pressure and have anti-inflammatory properties.

5. \*\*Clear honey:\*\* Honey is a natural sweetener that contains antioxidants and has potential anti-bacterial properties. However, it should be consumed in moderation due to its high sugar content.

6. \*\*English mustard:\*\* Mustard is low in calories and fat. It may have metabolism-boosting properties and can add flavor without extra calories.

7. \*\*Crushed chillies:\*\* Chilies contain capsaicin, which may have metabolism-boosting and pain-relief properties. They can also add flavor without extra calories.Pop up box using overlays) Pop up box using overlays)