

<https://ello.org/video/B1INT/B1-027-Lilit-Healthy-Drink.htm>

Hi, there. My _____ (names / name) is Lilit, and I'm from Armenia. Today, my _____ (question / questions) is, what is your favorite healthy _____ (drink / drunk) ?

My favorite healthy drink ____ (is / a) carrot and apple juice. _____ (Actually / Actual), I've always _____ (liked / like) drinks which _____ (contain / contains) ginger, mint, lemon, and lime, but I've _____ (learn / learned) that these things can _____ (actually / acting) help you to lose _____ (wait / weight). I've always _____ (struggled / struggles) with gaining weight, so I _____ (stepped / stopped) drinking them and started _____ (looking / lucky) for other healthier _____ (solution / solutions). And now, I just drink carrot ____ (and / an) apple juice fresh out of the _____ (juicer / juicy). They contain all _____ (sort / sorts) of vitamins. They _____ (held / help) me to gain _____ (energized / energy) and not to get sick _____ (thought / throughout) the year.

I always drink my _____ (juicy / juice) in the mornings when I ____ (get / got) up, about 30 minutes _____ (before / because) I start my exercising routine. It just really _____ (helps / help) me to stay _____ (energy / energized) and to feel _____ (health / healthy) throughout ____ (the / a) day.