

Complete the advice for a healthy lifestyle, using more or less.

- 1. Eat _____ sweet food.**
- 2. Smoke _____ and give it up.**
- 3. Drink _____ coffee.**
- 4. Eat _____ fast food.**
- 5. Spend _____ time on computer games.**
- 6. Drink _____ water.**
- 7. Worry _____ about things.**
- 8. Relax _____.**
- 9. Get _____ exercise.**
- 10. Eat _____ fruit and vegetables.**