

## **Exercises**

### **Choose the correct answer A, B, C or D**

1. A lot of young people often ..... on the weekends.  
A. sleep in      B. pay attention      C. stay in shape      D. put on weight
2. Running uses more ..... than cycling.  
A. weigh      B. food      C. triathlon      D. calories
3. You aren't fat, so you don't need to go on a .....  
A. weight      B. vegetarian      C. myth      D. diet
4. It is said that ..... is bad for our health.  
A. junk food      B. calorie      C. compound      D. conjunction
5. Water is very ..... to our bodies.  
A. bad      B. essential      C. necessary      D. Both B & C

### **Complete the sentences using more or less.**

1. Smoking can lead to lung cancer, so smoke \_\_\_\_\_.
2. She looks very tired after coming back from work. She should rest \_\_\_\_\_.
3. If you wash your hands \_\_\_\_\_ than you will be less chance of having flu.
4. Eat \_\_\_\_\_ fruits and vegetables.
5. Sleep \_\_\_\_\_ and don't go to bed too late
6. Spend \_\_\_\_\_ time on TV and pay \_\_\_\_\_ attention to your siblings.
7. Have some \_\_\_\_\_ yogurt. It will be good for your stomach
8. Eat \_\_\_\_\_ high-fat food to avoid obesity.
9. Exercise \_\_\_\_\_ , and count calories when eating. This can help you lose weight.

### **Choose the correct answer**

1. My sister is a nurse (and/ but) she works in a dental clinic.
2. My teeth hurt, (so/ or) I make an appointment with the dentist.
3. The couple want to go to the musical, (but/ so) there aren't any tickets left.
4. Stop listening to rock music through earphones (or/ and) you will have earache.
5. Eating too much sugar is bad for your teeth, (so/ and) it causes obesity.