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.

LIVEWORKSHEETS