

# Dietary Advice

Complete the following sentences with one word from the box:

1. You drink \_\_\_\_\_ coffee. That's why you have trouble getting to sleep. You should drink of it, especially in the evenings.
2. If you don't eat \_\_\_\_\_ fruit, you can get ill. You should eat \_\_\_\_\_ than you currently do.
3. You eat \_\_\_\_\_ snacks. You should eat \_\_\_\_\_ snacks if you want to lose weight.
4. You don't drink \_\_\_\_\_ water. For good health, it's important to stay well-hydrated. Try to drink \_\_\_\_\_ of it.
5. Your diet includes \_\_\_\_\_ fat. Try eating \_\_\_\_\_ fast food.
6. If you drink coffee, try not to add \_\_\_\_\_ sugar. An excessive amount of sugar can cause tooth decay and diabetes.
7. Make sure you don't consume \_\_\_\_\_ calories per day, otherwise you will gain weight.
8. If you want to lift weights at the gym to build muscle, try eating \_\_\_\_\_ protein.

more (x3)   less (x2)   too much (x3)   too many (x2)   enough (x2)   fewer



*Food pyramid from pixabay (CC)*

*Activity adapted from <https://en.islcollective.com/english-esl-worksheets/grammar/much-or-many/dietary-advice/100937>*