

Read and match the problems to the advice. Then match with the pictures.

Problem

There isn't enough flour to make a cake.

David never does sport. She prefers playing computer games.

Gonzalo only drinks carbonated water.

Paula doesn't eat enough fruit or vegetables.

Javier eats too many cookies and often has to go to the dentist.

Miriam eats too many hamburgers. Her favourite restaurant is Burger King.

Advice

You should try to eat five portions of fruit and vegetables per day.

You should do regular exercise.

You shouldn't eat junk food.

You shouldn't drink too much fizzy drinks.

You need to go to the shop.

You mustn't eat too much sugar.

