



Name: _____

HOMEWORK

Points: _____

Unit 2B: Eating Well

B EATING WELL

VOCABULARY AND GRAMMAR

A Match the sentence halves.

- | | |
|---------------------------------------|---|
| _____ 1. There are a lot of health | a. like drinking more water. |
| _____ 2. Eating too much | b. vegetables in this soup. |
| _____ 3. You should drink less coffee | c. sugar increases your blood pressure. |
| _____ 4. I need healthier habits, | d. benefits to eating spinach. |
| _____ 5. There are plenty of | e. to prevent having a bad night's sleep. |

B Complete the sentences with the words in the box.

diets	health benefits	lifestyle	prevent
habits	increases	plenty	reduced

- A study found that Spanish people have a very healthy _____.
- I eat _____ of vegetables, but I need more fruit in my diet.
- There are so many _____ to drinking green tea.
- Eating fried food _____ the chance of having heart problems.
- I _____ the amount of coffee I drink. I only have two cups per day now.
- My doctor says eating dark green vegetables can help _____ illnesses.
- She finds it difficult to change her unhealthy eating _____.
- I've tried so many different _____, but I am not losing any weight!

Thanks!