

B Complete using the verbs in the box.

affect • balance • benefit • contain • ignore • limit

- 1 If you the doctor's advice, you won't get well.
- 2 Drinking a lot of coffee can your mood and behaviour.
- 3 It's difficult to a healthy diet with a busy lifestyle.
- 4 I'd definitely from getting more exercise.
- 5 You should the amount of chocolate you eat to one bar a day.
You're eating too much at the moment!
- 6 Does this cookery book any recipes for vegetables?