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1. Eating the right kind of food will give your brain the [focus / caffeine / nutrients] it needs.

2. A [nutritionist / pillow / diet] advised me to eat more green vegetables.

3. Please, remember to drink the milk, because it [lefts over / goes off / focuses] in two days.

4. Diana is [allergic / nutrient / rich] to milk, so she avoids all dairy products.

5. Nancy [put a lot of effort / couch potato / went on a diet] into learning the language and that's why she speaks so well.

6. We like this restaurant; they [calories / serve / eat out] nice food.

7. It is important for your health to eat [balanced / focused / vitamin] meals.

8. Eggs are [rich / nutrient / nutritious] in some vitamins and minerals.

9. Some pizza is [rich in / left over / served] in the fridge, so if you're hungry, I can warm it up.

10. After my exams, I am going to [serve / focus / treat/ myself to a camping holiday to celebrate.

11. Too much fast food can be [harmful / fairly / burnt off] to your health.

12. How many [vitamins / fats / points] did he score in the basketball game?

13. He is allergic to nuts, so he has to [cut / put / have] all nut products out of his diet.

14. I'm [focusing / pointing / sticking] to my diet. I can't eat any chocolate cake.

15. How many calories do I need to [burn off / put on / put off] weekly in order to lose weight?

16. I haven't [eaten out / burnt off / served] out much since I lost my job, as I can no longer afford to.

17. You should take up a sport if you want to [get in shape / burn off / have an effect].

18. The book was [focused / fairly / highly] good but not as good as this one.

19. We are ordering [servings / takeaway / calories], because I didn't have time to cook today.

20. Never swim [couch potato / on a full stomach / fairly]. Always wait a couple of hours after a mean before going into the sea.