

Exercise: Healthy Food, Healthy Sentences!

Instructions: Combine the two sentences into one sentence. Use **because** or **so**.

- Use **because** to give a reason.
- Use **so** to give a result.

Example:

- Sentence 1: Apples are a healthy snack.
- Sentence 2: I eat one every day.
- **Answer:** I eat an apple every day **because** it is a healthy snack.
(*OR: Apples are a healthy snack, **so** I eat one every day.*)

1. Candy has a lot of sugar. It is bad for your teeth.
(so) _____
2. Maria was very tired. She ate a banana for energy.
(because) _____
3. Vegetables have many vitamins. You should eat them often.
(so) _____
4. He ate a lot of fast food. He feels sick now.
(because) _____
5. It is important to drink water. I always have a bottle of water with me.
(so) _____
6. The cake has a lot of sugar and fat. I only eat a small piece.
(so) _____
7. Fish is good for your brain. We eat fish for dinner on Fridays.
(because) _____
8. I want to be strong and healthy. I eat a lot of fruit.
(because) _____
9. My stomach is empty. I need to find something to eat.
(so) _____
10. Pizza is very greasy. It is not a good idea to eat it every day.
(because) _____