

## GRAMMAR PRACTICE 3

### I – Complete the sentences using “too” or “enough”.

1. It's hot today. Have we got ..... **enough** ..... water for everyone?
2. This exercise is ..... difficult!
3. My mom thinks we watch ..... many football games on TV.
4. It's important to get ..... exercise.
5. Don't stay up ..... late! You have lessons in the morning.
6. Don't eat ..... much junk food. It's bad for you.
7. You often sleep in class. You need to get ..... sleep.
8. To have a healthy life, eat ..... fresh fruit. Don't drink ..... much soda.

### II – Read. Choose “It's important” or “Don't”.

1. ..... to have enough sleep. It helps you feel healthy.  
A. **It's important**      B. Don't
2. ..... to eat enough fruit and vegetables. They give you a lot of vitamins.  
A. It's important      B. Don't
3. ..... to drink enough fruit juice. They help you keep fit.  
A. It's important      B. Don't
4. ..... eat too much snacks. They are bad for you.  
A. It's important      B. Don't
5. ..... go to sleep late. It makes you feel tired.  
A. It's important      B. Don't

6. ..... to have breakfast. It gives you enough energy to study.
  - A. It's important
  - B. Don't
7. ..... to get enough rest, so you always feel healthy.
  - A. It's important
  - B. Don't
8. ..... to go to school on time.
  - A. It's important
  - B. Don't

### III – Read and answer the questions.

#### What we need for a day

Rest: **8** hours 

Water: **6** glasses 

Food: **3** meals 

#### What John, Amy and Sarah had yesterday

	<b>John</b>	<b>Amy</b>	<b>Sarah</b>
<b>Sleep</b>			
<b>Water</b>			
<b>Eat</b>			

1. Did **John** have **enough sleep**? ⇒ ..... **No, he didn't** .....
2. Did **Amy** have **enough glasses of water**? ⇒ .....
3. Did **Sarah** eat **enough meals**? ⇒ .....
4. Did **Amy** have **enough sleep**? ⇒ .....