

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

	John	Amy	Sarah
Sleep			
Water			
Eat			

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?



.....