

**\*EXERCISES: I. Complete the advice with *more* or *less*.**

1. Eat \_\_\_\_\_ fruits and vegetables.
2. Stay outdoor and do \_\_\_\_\_ exercises to be healthier.
3. Drink \_\_\_\_\_ alcohol or you will be weak.
4. Sleep \_\_\_\_\_ and don't go to bed too late.
5. Practice \_\_\_\_\_ and you will improve your skills.
6. Spend \_\_\_\_\_ time on smartphone and laptop or you will ruin your eyes.
7. Go out \_\_\_\_\_ and make some new friends, so you won't be lonely.
8. Drink \_\_\_\_\_ coffee. It's not good for your brain.
9. Read \_\_\_\_\_ books to broaden your knowledge.
10. Study \_\_\_\_\_ to improve your English.

11. Take \_\_\_\_\_ vitamin A to strengthen your immune system.
12. Put \_\_\_\_\_ wood into the campfire to keep warm
13. Smoke \_\_\_\_\_ or you will have lung cancer.
14. Eat \_\_\_\_\_ raw food or you will have stomachache.
15. Spend \_\_\_\_\_ time on TV and pay \_\_\_\_\_ attention to your siblings.
16. Sunbathe \_\_\_\_\_ if you don't want to have skin cancer.
17. Take \_\_\_\_\_ photos of this beautiful mountainous area.
18. Wear \_\_\_\_\_ warm clothes or you'll be cold.
19. Put \_\_\_\_\_ effort in your work to achieve best result.
20. Watch \_\_\_\_\_ documentaries about Nile River and write a report.