

Ex 3: Complete the sentences with *more* or *less*.

1. You should eat _____ fruits and vegetables because they are good for your health.
2. She looks very tired after coming back from work. She should rest _____ more _____
3. We should spend _____ time on computer games.
4. Drink _____ green tea and _____ coffee.
5. Smoking can lead to **lung cancer**, so smoke _____.
6. If you wash your handsthan you will have less chance of having flu.
7. Eat _____ high-fat food keep you from getting fat.
8. Which activity burns _____ calories, walking or riding a bicycle?
9. Drink water because it is very **essential** for your body.
10. Sit in front of the TV or a computer if you don't want your eyes to be hurt.
11. Eat healthy foods like fruits, vegetables or fish. You will stay in shape.
12. Exercise , and count calories when eating. This can help you lose weight.
- 13, Eat high-fat food to avoid obesity.
14. Stay outdoors more and do physical activities. You will be more healthy and active.
15. Spend time playing computer games.
- 16.. Sunbathe to avoid sunburn.
17. Take public transportation. You can save a lot.
- 18 . Have some yogurt. It will be good for your stomach.