

**Complete the advice for a healthy lifestyle, using more or less.**

1. Eat \_\_\_\_\_ sweet food.
2. Smoke \_\_\_\_\_ and give it up.
3. Drink \_\_\_\_\_ coffee.
4. Eat \_\_\_\_\_ fast food.
5. Spend \_\_\_\_\_ time on computer games.
6. Drink \_\_\_\_\_ water.
7. Worry \_\_\_\_\_ about things.
8. Relax \_\_\_\_\_.
9. Get \_\_\_\_\_ exercise.
10. Eat \_\_\_\_\_ fruit and vegetables.