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.

LIVEWORKSHEETS