

Dietary Advice

Complete the following sentences with one word from the box:

1. You drink _____ coffee. That's why you have trouble getting to sleep. You should drink of it, especially in the evenings.
2. If you don't eat _____ fruit, you can get ill. You should eat _____ than you currently do.
3. You eat _____ snacks. You should eat _____ snacks if you want to lose weight.
4. You don't drink _____ water. For good health, it's important to stay well-hydrated. Try to drink _____ of it.
5. Your diet includes _____ fat. Try eating _____ fast food.
6. If you drink coffee, try not to add _____ sugar. An excessive amount of sugar can cause tooth decay and diabetes.
7. Make sure you don't consume _____ calories per day, otherwise you will gain weight.
8. If you want to lift weights at the gym to build muscle, try eating _____ protein.

more (x3) less (x2) too much (x3) too many (x2) enough (x2) fewer



Food pyramid from pixabay (CC)

Activity adapted from <https://en.islcollective.com/english-esl-worksheets/grammar/much-or-many/dietary-advice/100937>