

# VERB COMPLEMENTS

Complete the sentences with a correct form of the verbs given. Add from if necessary. Sometimes there's more than one answer.

1. The sugar in soda can cause your blood pressure \_\_\_\_\_ (rise). Fruits like watermelon and tomatoes are said to help you \_\_\_\_\_ (lower) it.



2. Don't let dinner with friends \_\_\_\_\_ (make) you heavier. Research shows that eating with friends makes you \_\_\_\_\_ (eat) up to 33 percent more food.



3. Asparagus may stop you \_\_\_\_\_ (have) mood swings. It's thought to help some people \_\_\_\_\_ (cope) with depression.

4. Chocolate may enable you \_\_\_\_\_ (concentrate) better. Some studies have also found that it protects your skin \_\_\_\_\_ (age).



5. Some studies seem to show that green tea contains chemicals which may prevent you \_\_\_\_\_ (get) certain types of cancer.

6. People who allow themselves \_\_\_\_\_ (eat) treats occasionally generally stay thinner.

7. If kids don't eat breakfast regularly, it may keep them \_\_\_\_\_ (perform) well on tests. However, too many sugary breakfast food may make kids \_\_\_\_\_ (behave) badly.

