

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.

