Name: _____ **HOMEWORK** Points: _____

Un it 2B: Eating Well

B EATING WELL

VOCABULARY AND GRAMMAR

A Match the sentence halves.

_____ 1. There are a lot of health	a. like drinking more water.
_____ 2. Eating too much	b. vegetables in this soup.
_____ 3. You should drink less coffee	c. sugar increases your blood pressure.
_____ 4. I need healthier habits,	d. benefits to eating spinach.
_____ 5. There are plenty of	e. to prevent having a bad night's sleep.

B Complete the sentences with the words in the box.

diets	health benefits	lifestyle	prevent
habits	increases	plenty	reduced

1. A study found that Spanish people have a very healthy _____.
2. I eat _____ of vegetables, but I need more fruit in my diet.
3. There are so many _____ to drinking green tea.
4. Eating fried food _____ the chance of having heart problems.
5. I _____ the amount of coffee I drink. I only have two cups per day now.
6. My doctor says eating dark green vegetables can help _____ illnesses.
7. She finds it difficult to change her unhealthy eating _____.
8. I've tried so many different _____, but I am not losing any weight!

Thanks!

LIVEWORKSHEETS