B Complete using the verbs in the box.

affect • balance • benefit • contain • ignore • limit

1 If you ..... the doctor's advice, you won't get well.
2 Drinking a lot of coffee can ..... your mood and behaviour.
3 It's difficult to ..... a healthy diet with a busy lifestyle.
4 I'd definitely ..... from getting more exercise.
5 You should ..... the amount of chocolate you eat to one bar a day. You're eating too much at the moment!
6 Does this cookery book ..... any recipes for vegetarians?

LIVEWORKSHEETS