

A Unscramble the sentences. Then, add the correct commas (,) if necessary.

1. take the stairs / for / and not / example / the elevator
Get active; *for example, take the stairs and not the elevator* _____
2. such as / often / coffee and tea / hot drinks / have / for breakfast
People _____
3. two to three liters / a lot of / for / every day / water / example
Drink _____
4. a good / are / snack / of / a healthy / example
Granola bars _____
5. unhealthy food / eat / candy / like / or ice cream
I don't normally _____
6. a team sport / example / is / a good / of
Basketball _____

B Match the phrases to make sentences.

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| 1. Cakes and soda are good _____ | a. for example, soups and salads. |
| 2. Prepare food with more vegetables; _____ | b. examples of unhealthy foods. |
| 3. Vegetables, such _____ | c. carrots and onions is not always perfect. |
| 4. Foods like _____ | d. yogurt and cheese are dairy. |
| 5. Chicken is a good _____ | e. as carrots and broccoli, are very good for you. |
| 6. The shape of foods like _____ | f. example of a food with a lot of protein. |