

**Write sentences, using the clues given. You can add extra words or make changes.**

1. eating trans fats/ increase/ your risk/ develop/ heart disease/ stroke.

2. healthy eating/ be/ important part/ your growth and development.

3. recent research/ suggest/ fish and nuts/ tend/ not/ promote/ weight gain.

4. though/ juice/ be/ more nutritious/ soft drinks/ we/ should/ drink/ no more than/ one cup/ day.

5. eating breakfast/ important/ students/ because/ it/ enable/ them/ focus/ their studies better.

16. eat/ too much/ fast food/ can/ put/ people/ risk/ being/  
overweight/ obese.

17. if/ you/ want/ lose/ weight/ should/ try/ avoid/ or limit/ junk  
food/ your diet.

18. students/ need/ learn/ more/ benefits/ keep/ healthy eating  
habit.

19. together/ exercise/ eating/ healthy diet/ right proportions/  
can/ also/ help/ you keep/ fit.

20. try/ cut down/ food/ that/ high/ saturated fat/ and have/  
food/ that/ rich/ unsaturated fat/ instead.