Match the opposites. There may be more than one correct answer.

_____ 1. sweet
_____ 2. spicy
_____ 3. tasty
_____ 4. cooked
_____ 5. delicious

a. awful
b. sour
c. juicy
d. terrible
e. mild
f. frozen

Complete the paragraph with the correct comparative form of the adjectives provided.

My mother is a great cook. She's (1.) _____ (good) at cooking than anyone in my family. The food she prepares is always (2.) _____ (tasty) than anything you can get at a restaurant. One of my favorite things she makes is baked chicken. It's (3.) _____ (juicy) than the chicken I make, and it's (4.) _____ (spicy) than you might expect! She also bakes a great chocolate cake. Her recipe is (5.) _____ (unusual) than one you would find in a cookbook. She puts coffee in the cake batter. But, don't worry! The cake is not bitter. It's (6.) _____ (sweet) and (7.) _____ (delicious) than anything from the bakery. I think my mom should open her own restaurant, but she thinks that's an even (8.) _____ (crazy) idea than putting coffee in a cake!

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!

Write sentences with the superlative form of these adjectives.

1. exciting / sport in the Olympics

   I think that skiing is the most exciting sport in the Olympics.

2. interesting / place in our country

   _____

3. good / restaurant in my town

   _____

4. quiet / person I know

   _____

5. interesting / show on TV now

   _____

6. big / problem in the world today

   _____

7. bad / habit

   _____