Live Healthy

FILL IN THE TEXT WITH THE WORDS IN THE BOX. YOU CAN USE ONE WORD MORE THAN ONCE.

much	many	more	little	less

It's important for people to eat as (1) _____ as they need to give them energy. If they eat too (2) _____ food or the wrong food they won't have enough energy. If they eat too (3) _____, they will need to make (4) _____ exercise; otherwise they will put on weight.

Fat is very high in calories, and has been linked with heart disease. (5) _____ experts believe that eating (6) _____ fat would help to reduce heart disease. Sugar isn't good for the energy balance. There's no doubt that too (7) _____ sugar makes you fat and it is not good for your teeth either.

On the other hand, fibre that is found in cereals, fruits and vegetables is an important part of a healthy balanced diet. One of the simplest ways of eating (8) _____ fibre is to eat (9) _____ bread. It's a good, cheap source of fibre and nutrients without too (10) _____ calories. Potatoes are good, too.

So to keep healthy, eat (11) _____ fatty food, sweets, chocolate, cakes, jam and eat (12) _____ bread, potatoes, pasta, fresh fruit and vegetables







LIVEWORKSHEETS