



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

