

Complete the text with the correct form of the adjective in brackets.



Summer hazards

For city dwellers in the summer months, the **hotter** (hot) it gets, the (great) the danger from air pollution. But did you know that eating strawberries is one of (easy) ways of resisting air pollution? They are rich in pollution-busting ellagic acid ... and what could be (nice) than a delicious bowl of strawberries on a hot summer's day?

There's nothing (bad) than an attack of sunburn ... so no one should go out into the sun without plenty of factor 30. But the more fruit and vegetables you eat – particularly mangos, sweet potatoes, carrots and apricots – the (resistant) your skin becomes to the sun's harmful rays. And (good) thing about this form of sun protection is that it tastes a lot (good) than sun cream, too!

What could be (good) for cooling off than an afternoon at the swimming pool? But be careful – the more time you spend in the water, the (likely) it is that you'll be exposed to water-borne bacteria, which can cause ear and throat infections. If you're in and out of the swimming pool every few minutes, Xylitol, a natural sweetener from a birch tree, is among (effective) protectors – and you can buy it in chewing-gum form – so the more you chew, (healthy) you'll be!