

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

There's nothing **worse** (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 **more resistant** (resistant) your skin becomes to the sun's harmful rays. And **nicer** (good) thing about this form of sun protection is that it tastes a lot **sweeter** (good) than sun cream, too!

What could be **better** (good) for cooling off than an afternoon at the swimming pool? But be careful – the more time you spend in the water, the **more likely** (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 **more effective** (effective) protectors – and you can buy it in chewing-gum form – so the more you chew, **more healthy** (healthy) you'll be!