COMPARATIVES AND SUPERLATIVES
HEALTHY HABITS

Complete the sentences with the **comparative** or **superlative** form of the word in brackets.

1. Drinking water is _____ (healthy) than drinking sugary soda.
2. Walking is one of the _____ (easy) ways to stay active.
3. Sleeping eight hours is _____ (good) for your body than sleeping only five.
4. Fresh fruit is usually _____ (nutritious) than candy.
5. Running is one of the _____ (effective) exercises for improving your fitness.
6. My sister eats _____ (many) vegetables than I do.
7. Yoga is _____ (relaxing) than lifting heavy weights for many people.
8. Eating breakfast is one of the _____ (important) healthy habits.
9. Daniel drinks _____ (little) coffee now than he did last year.
10. Swimming is _____ (safe) than some extreme sports.
11. A homemade meal is usually _____ (delicious) than fast food.
12. Lisa has the _____ (healthy) lifestyle in our family.
13. Cycling to work is _____ (environmentally friendly) than driving a car.
14. This salad is the _____ (fresh) one on the menu.
15. My grandfather is _____ (fit) now because he exercises every day.
16. Taking the stairs is _____ (good) than using the elevator.
17. Sarah wakes up _____ (early) than her brother to go jogging.
18. Green tea is one of the _____ (popular) healthy drinks in the world.
19. Eating too much sugar is _____ (bad) than eating too much fruit.
20. Out of all my friends, Emma exercises the _____ (regularly).

LIVEWORKSHEETS