

**Complete the sentences with a suitable transitional word or phrase.**

1 Eating out a lot can be harmful to your health for many reasons\_\_\_\_\_

most restaurant desserts have a lot of sugar in them.

2 Indian food is usually very spicy because of the ingredients\_\_\_\_\_

ginger, garlic and chilli powder.

3 Different restaurants have different rules for guests to follow\_\_\_\_\_

you can only wear formal clothes or children under a certain age aren't allowed.

4 Big cities like New York usually have a variety of cuisines\_\_\_\_\_

Italian, Indian and Chinese.