

FURTHER PRACTICE UNIT 2.2 GRAMMAR

I. Complete the following sentences with “more” or “less”.

1. Drink water but coffee.
2. Eat meat but vegetables.
3. Spend time on video games.
4. Do exercise.
5. Eat candy.
6. Cycle to school
7. Spend time playing sports.
8. Spend money buying junk food.

II. Complete these sentences using “or, and, but, so”.

1. If you want to be fit and healthy, you should eat less junk food more vegetables.
2. Which activity is better for us, playing sports watching TV?
3. She wants to stay in shape she does morning exercise everyday.
4. Sports like riding a bicycle running use a lot of calories.
5. The expert says that cycling uses more calories than walking..... running uses the most calories of all.

III. Find and correct the mistakes in the following sentences.

1. You should eat more sweets because you may have a toothache.
A B C D
2. It will be good for her if she relax more.
A B C D
3. You shouldn't take up a sport. It will make your health better.
A B C D
4. Drink more water, but you will not be so thirsty.
A B C D
5. He has a toothache, and he still eats a lot of sweet things.
A B C D

IV. Choose the best answer A, B, C or D.

1. Eating drinking healthy things will keep you fit.
A. or B. although C. but D. and
2. He will take part in an event. In this event, he will run, jump..... swim.
A. and B. but C. though D. or
3. Don't drink too much milk,..... you will gain your weight.
A. so B. or C. and D. but
4. The doctor advised him to play more sports and computer games.
A. more B. little C. less D. least
5. Your eyes will feel dry if you watch TV read comic books a lot.
A. and B. but C. though D. so
6. Eat more vegetable drink less beer and coffee.
A. or B. and C. but D. so

VI. Complete the imperatives with more or less, using the verbs in the box.

play drink eat read sleep spend watch do

1. _____ video games or your eyes will be hurt.
2. _____ fruit, vegetables or nuts because they are healthy.
3. _____ if you want to be more active.
4. If you want to improve your knowledge, _____ books.
5. _____ TV because too much TV is really bad for your eyes.
6. If you're outside on a hot day, _____ water.
7. _____ exercise, and you will feel fitter and healthier.
8. _____ time on social media, so you can focus on your tasks.

VII. Fill in the text with the words in the box. You can use one word more than once

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.

VIII. Fill in the blanks with and, so, but, or.

1. We stayed at home _____ watched a film.
2. I want to buy a new car, _____ I don't have enough money.
3. She had a terrible headache last night, _____ she couldn't go out.
4. I eat cake, _____ I never eat biscuits; I don't like them.
5. Would you like cake _____ biscuits with your coffee?
6. My job is very interesting, _____ it doesn't pay very well.
7. We can go by bus, _____ we can walk.
8. My classmate studies very hard, _____ she always gets good marks.
9. You had better hurry up, _____ you'll be late for work.
10. The Japanese eat healthily, _____ they have high life expectancy.