

## 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.