

Ex 3: Complete the sentences with *more* or *less*.

1. You should eat _____ fruits and vegetables because they are good for your health.
2. She looks very tired after coming back from work. She should rest _____ more _____.
3. We should spend _____ time on computer games.
4. Drink _____ green tea and _____ coffee.
5. Smoking can lead to **lung cancer**, so smoke _____.
6. If you wash your hands ... than you will have less chance of having flu.
7. Eat _____ high-fat food keep you from getting fat.
8. Which activity burns _____ calories, walking or riding a bicycle?
9. Drink water because it is very **essential** for your body.
10. Sit in front of the TV or a computer if you don't want your eyes to be hurt.
11. Eat healthy foods like fruits, vegetables or fish. You will stay in shape.
12. Exercise , and count calories when eating. This can help you lose weight.
13. Eat high-fat food to avoid obesity.
14. Stay outdoors more and do physical activities. You will be more healthy and active.
15. Spend time playing computer games.
16. Sunbathe to avoid sunburn.
17. Take public transportation. You can save a lot.
18. Have some yogurt. It will be good for your stomach.