

1. It is important (eat)\_\_\_\_\_ well.
2. It (be)\_\_\_\_\_ very cold today. You should wear your warm clothes when you (go) \_\_\_\_\_ out to prevent cold.
3. Do morning exercise every day and you'll (feel)\_\_\_\_\_ better.
4. I have a lot of homework to do this evening, so I (not have) \_\_\_\_\_ time to watch the football match.
5. (Eat)\_\_\_\_\_ junk food and inactivity (be)\_\_\_\_\_ the main causes of obesity.
6. I (have)\_\_\_\_\_ a headache and I need to rest more.
7. I (have)\_\_\_\_\_ a toothache so I (have to/ see)\_\_\_\_\_ the dentist.
8. I have to take medicines because I (be)\_\_\_\_\_ sick.
9. Japanese (eat)\_\_\_\_\_ more fish instead of meat, so they (stay)\_\_\_\_\_ more healthy.
10. When you (have)\_\_\_\_\_ a fever, you (should/ drink)\_\_\_\_\_ more water and rest more.
11. A healthy diet (help)\_\_\_\_\_ us feel healthier.
12. Watching TV much (hurt)\_\_\_\_\_ your eyes.