

A Unscramble the sentences. Then, add the correct commas (,) if necessary.

1. take the stairs / for / and not / example / the elevator

Get active; *for example, take the stairs and not the elevator* _____

2. such as / often / coffee and tea / hot drinks / have / for breakfast

People _____

3. two to three liters / a lot of / for / every day / water / example

Drink _____

4. a good / are / snack / of / a healthy / example

Granola bars _____

5. unhealthy food / eat / candy / like / or ice cream

I don't normally _____

6. a team sport / example / is / a good / of

Basketball _____

B Match the phrases to make sentences.

1. Cakes and soda are good _____

2. Prepare food with more vegetables; _____

3. Vegetables, such _____

4. Foods like _____

5. Chicken is a good _____

6. The shape of foods like _____

a. for example, soups and salads.

b. examples of unhealthy foods.

c. carrots and onions is not always perfect.

d. yogurt and cheese are dairy.

e. as carrots and broccoli, are very good for you.

f. example of a food with a lot of protein.