**Write sentences, using the clues given. You can add extra words or make changes.**

1. eating trans fats/ increase/ your risk/ develop/ heart disease/ stroke.

_____

_____

2. healthy eating/ be/ important part/ your growth and development.

_____

_____

3. recent research/ suggest/ fish and nuts/ tend/ not/ promote/ weight gain.

_____

_____

4. though/ juice/ be/ more nutritious/ soft drinks/ we/ should/ drink/ no more than/ one cup/ day.

_____

_____

5. eating breakfast/ important/ students/ because/ it/ enable/ them/ focus/ their studies better.

_____

_____

LIVEWORKSHEETS

16. eat/ too much/ fast food/ can/ put/ people/ risk/ being/ overweight/ obese.

_____

_____

17. if/ you/ want/ lose/ weight/ should/ try/ avoid/ or limit/ junk food/ your diet.

_____

_____

18. students/ need/ learn/ more/ benefits/ keep/ healthy eating habit.

_____

_____

19. together/ exercise/ eating/ healthy diet/ right proportions/ can/ also/ help/ you keep/ fit.

_____

_____

10. try/ cut down/ food/ that/ high/ saturated fat/ and have/ food/ that/ rich/ unsaturated fat/ instead.

_____

_____

LIVEWORKSHEETS