



1. Your eyes look very tired. Let your eyes rest **more / less** and watch **more / less** TV.
2. If you want to stay in shape, eat **more / less** healthy food like fruits, vegetables or fish.
3. Drink **more / less** water when you have a high fever.
4. If you want to lose weight, eat **more / less** junk food.
5. Sunbathe **more / less** to avoid getting sunburnt.
6. The popular thing to lose weight is "eat **more / less** and exercise **more / less**".
7. Stay outdoors and do **more / less** physical activities. You will be more healthy.
8. Spend **more / less** time in front of screens, such as the phone, TV or computer. It's no good for your eyes

