



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

