Directions: Complete each sentence by finding all the endings that make sense.
**More than one sentence ending is possible.**

1. To get healthier you could __________________ .  
   a) eat more fats and sweets.  
   b) eat more fruits and vegetables.  
   c) eat less junk food.  
   d) drink more water.

2. A good health decision could be ________ .  
   a) to get a health checkup.  
   b) to do fewer physical activities.  
   c) to eat good foods from all the food groups.  
   d) to watch more TV.

3. A good thing about getting healthier is __________ .  
   a) you have more energy.  
   b) you reduce your risk of disease.  
   c) you feel less stressed.  
   d) you spend a lot of money.

4. To get healthier you could __________________ .  
   a) fry your food more.  
   b) steam your vegetables.  
   c) broil or grill lean meat.  
   d) plan your meals ahead of time.

5. A good health decision could be ________ .  
   a) to eat foods from all six food groups equally.  
   b) to eat very large servings.  
   c) to buy fresh fruits and vegetables.  
   d) to throw out food that is past the expiration date.

6. A good thing about reading food packages and nutrition labels is __________ .  
   a) you can find out what the right size serving is.  
   b) you can find out how long the food is good for.  
   c) you can find out how much fat is in each serving.  
   d) you can find out how many servings are in the package.
Sentence Focus - Answer Key

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