

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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