

Four Super Foods That Really Fight Cancer

Exercise 1

Directions: Re-read "Four Super Foods That Really Fight Cancer." Review modal verbs. Use the modals to help you complete Exercise 1. Choose the correct modal then check your answers.



1. Scientists agree, if you want to prevent cancer you _____ eat a lot of super foods.

2. There are many producers of vitamins who claim they _____ to fight cancer.



3. There is a lot of evidence that suggests some fruits and vegetables _____ fight cancer.

4. There are four very important super foods people can eat and these foods _____ help them to fight cancer.

5. You _____ drink 20 cups of green tea to prevent cancer, just two cups a day are more than enough to help your body fight cancer.



6. You _____ avoid putting super foods in your cart when you are shopping because they are necessary to maintain your health and fight disease.



7. Someone who has cancer _____ think about changing his diet and including super foods in his diet.

8. In order to live a long healthy life we _____ begin eating right and thinking about what we are eating on a daily basis.

9. In the past, we only had one way we _____ fight cancer.

10. Today, we now understand that there are many ways we _____ fight cancer.



Exercise 2

Your health is the _____ important thing you have and you _____ do everything you can to protect it. You _____ try to eat properly and get _____ rest each night. A balanced diet _____ important if you want to protect your health. If you _____ well in the past you can always _____ to eat well today.

isn't is best the best good better doesn't forget
 don't forget going to eat will eat am not am was were wasn't
 never always am planning planned healthy healthier
 think thought long longer longest

Directions: Complete the paragraph below with a word or phrase in the box.

When I _____ young I ate a lot of junk food. I _____ stayed up late and never _____ about how I was treating my body. Now that I _____ older, I _____ about my health more and try to eat _____ than I did in the past.



Presently, I _____ to include more super foods in my diet. Next month, I _____ more super foods because I know they help to maintain a healthy body. Eating healthily is _____ thing a person can do to live a longer and _____ life. If you want to live _____ it is important eat well, sleep well, and _____ your super foods when you're in the grocery store. Your health _____ something you want to lose.

