

Conjunctions

Language Focus

- We use conjunctions to connect words, phrases, clauses or sentences.

and	<ul style="list-style-type: none"> used to join two words, phrases, parts of sentences, or related statements together. e.g. Vitamin A comes from liver, egg yolk, cream and most green leafy vegetables.
or	<ul style="list-style-type: none"> used to connect different possibilities. e.g. Lack of Vitamin A may lead to unhealthy skin or night blindness.
but	<ul style="list-style-type: none"> used to introduce an added statement, usually something that is different from what you have said before. e.g. With Vitamin A, as with many other vitamins, a certain amount is necessary, but too much is toxic.
if	<ul style="list-style-type: none"> used to say that a particular thing can or will happen only after something else happens or becomes true. e.g. If you eat too much salt, you will have high blood pressure.
because	<ul style="list-style-type: none"> for the reason that e.g. French fries are so called not because they are from France!
so	<ul style="list-style-type: none"> very, extremely, or to such a degree e.g. Cool off with ice cream? No. Ice cream is loaded with calories, so it actually makes your body warmer.
before	<ul style="list-style-type: none"> at or during a time earlier than (the thing mentioned) e.g. Potatoes are cut into long thin pieces before they are fried.
after	<ul style="list-style-type: none"> following in time, place, or order e.g. After you jog for an hour, at a speed of 6 mph, you can burn 790 calories!

A. Circle the correct answer.

1. Fat should take up 35% or / if / so less of your daily calorie intake.
2. It's hard to remove sugar from your diet but / because / after you can cut down the amount you eat.
3. If / Because / Before you take too much Vitamin D, it can increase calcium loss from bone.
4. Water is the best liquid to drink or / if / because it cleans your cells and tissues!
5. You may love to eat cookies, ice cream and / but / if potato chips, but / because / after try to stay away!

B. Complete the sentences with correct conjunctions.

1. Never eat too much _____ you go to swim.
2. He eats too many snacks, _____ he is getting fatter.
3. Most people peel the potato _____ they cook it.
4. Tomatoes are rich in Vitamin A _____ C.
5. Dad can't eat salty food _____ he has very high blood pressure.
6. Some people take tablets _____ they can't get the vitamins in real food.
7. He usually has a glass of milk _____ he goes to sleep.
8. Bell peppers are usually sold green, _____ they can also be red or yellow.
9. French fries do not come from France _____ many people may think they do.
10. Which do you like better, strawberries _____ blueberries?

C. Proofread the sentences. There is ONE mistake in each sentence.

Make suitable correction.

1. Jane is very thin so she eats very little. _____
2. We should brush our teeth after we go to bed. _____
3. Oranges provide Vitamin C so no Vitamin B12. _____
4. Vitamin A but Vitamin C are the two most important substances for a healthy body. _____
5. What food should you eat or you want to get more Vitamin A? _____
6. You can get Vitamin D from sunlight but fish liver oil _____
7. "Eating like a bird" means not eating much if in fact, birds eat a lot! _____
8. How many calories can I burn before I play basketball for an hour? _____
9. The peach is a symbol of long life so good luck in China. _____
10. Mary wants to look slimmer, but she is going on a diet. _____

D. Complete the text with correct answers.

bites	in	low	but
so	carton	of	good
and	or	past	waste

Smart Food, Junk Food

Food for health is not a new idea: people in the (1) _____ believed that some foods were natural cure-alls. Strawberry roots were used to treat mad-dog (2) _____ while crocodile blood was suggested for failing eyesight. What foods are thought to be (3) _____ for us now and what are bad?

Milk contains calcium, which helps to build strong teeth (4) _____ bones. Do you have a (5) _____ of milk every day?

Fibre helps to remove the (6) _____ from your body and makes you feel full. Fibre is found (7) _____ fruits and vegetables. (8)

So, what are junk foods? Junk foods are those that are high in salt, sugar, fat (9) _____ calories and (10) _____ in nutrients.

Potato chips are made from potatoes, (11) _____ they are deep fried and contain lots of salt and fat.

Ice cream has many nutrients but is full (12) _____ sugar and fats. What would you choose?

