**多duō**

This structure is often used in commands or suggestions. “Do more……”

Notice that the word "more" (equivalent to this use of 多) comes *after* the verb in English. In Chinese, put the 多 *before* the verb.

**多 + Verb**

* Rest more. Sleep more.
* Eat more fruits. Drink more hot water.

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**少 shǎo**

use 少 to talk about doing something less. “Do less……”

**少 + Verb**

* Drink less alcohol.
* Play less video games.

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* Watch less TV. Read more books.
* Eat less meat and eat more vegetables.