Fill each gap in the text with an appropriate verbal from above and change each verb to the right form according to the context:

Change, Cook, Cut, Drink, Eat, Follow, Have (2x), Prepare, Stick, Stop, Taste, Try

1. I $\qquad$ out a few times a week.
2. I $\qquad$ to lose weight these days.
3. I $\qquad$ a tuna salad for lunch yesterday.
4. I can't go out, $\qquad$ dinner for a few friends.
5. I $\qquad$ my finger when I $\qquad$ this fish dish.
6. I $\qquad$ a very nice Chinese meal when I was in town.
7. I $\qquad$ three cups of coffee today.
8. I $\qquad$ the diet of nuts, fruit and vegetables for the last two weeks.
9. I $\qquad$ to a balanced diet.
10. I $\qquad$ an octopus yet .
11. I $\qquad$ drinking alcohol two years ago due to my health problems.
12.1 $\qquad$ my dietary habits in adulthood.
