The words affect and effect are often confused. However, it is usually easy to determine which word is the correct one to use by determining whether your sentence needs a verb or a noun.

The word **affect** means to change or influence. **Affect** is a verb.

Fast food affects your body in bad ways.

The word **effect** means a result, an influence, or something that makes an impression. **Effect** is a noun.

Fast food has a negative effect on your health.

**DIRECTIONS**: Complete each sentence with **affect** or **effect**.

1. This shopping trip has had a positive ______________________ on my mood.
2. I hope this event doesn’t ______________________ his grades.
3. I don’t think the weather will ______________________ our plans.
4. The ______________________ of the changes was staggering.
5. I don’t want our problems to ______________________ you.
6. What ______________________ do you think the proposed new rules will have?
7. How does this program ______________________ participants?
8. The movie had a bad ______________________ on my brother.
9. We are trying to ______________________ the city council.
10. A negative ______________________ has been seen in the trials.