

ANSWER KEY

Affect and Effect

The words **affect** and **effect** may sound like similar words, but they have different meanings.

The word **affect** means to influence or have an impact on something.

examples: The amount of sugar you eat will **affect** your health. The number of hours you sleep every night will **affect** your health.

The word effect refers to the result or consequence of something that happens.

examples: An **effect** of eating too much sugar is tooth decay.

Becoming run down or sick is an **effect** of not getting enough sleep.

