**Quantifiers: Activity 1**

Read Grammar Bank 5C. Then choose the correct answers. Listen and check.

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| Grammar Bank  **5C** quantifiers  ***too much, too many, too***  EXAMPLES  **1**  I'm very stressed today. I have **too much** work.      My boss talks **too much**.  **2** My diet is unhealthy. I eat **too many** cookies.  **3**  I don't want to go out tonight. I'm **too** tired.  FORM   * We use *too much, too many, too* to say "more than is good."   **1** Use *too much* + uncountable noun (e.g., *coffee, time*) or after a verb.  **2** Use *too many* + countable noun (e.g., *cookies, people*).  **3** Use *too* + an adjective **NOT** I'm too much tired.  ***(not) enough***  EXAMPLES  **1**  Do you eat **enough** vegetables?      I don't drink **enough** water.  **2**  Jane doesn't sleep **enough**. She's always tired.  **3**  Our fridge isn't big **enough** for a family of five.      I don't go to bed early **enough** during the week.  FORM  **1** Use *enough* before a noun to mean "all that is necessary."  **2** Use *enough* after a verb with no object.  **3** Use *enough* after an adjective or adverb. |

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| 1.  I don't eat enough vegetables / vegetables enough.  2.  I can't come. I'm too / too much busy.  3.  I eat too many / too much chips.  4.  Do you drink enough water / water enough ?  5.  This suitcase isn't enough big / big enough .  6.  I eat too much / too chocolate.  7.  I worry too much / too many .  8.  You're always at home. You don't go out enough / enough go out. |  |

**Quantifiers: Activity 2**

Read Grammar Bank 5C. Complete the sentences with *too, too much, too many* or *enough*. Listen and check.

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| Grammar Bank  **5C** quantifiers  ***too much, too many, too***  EXAMPLES  **1**  I'm very stressed today. I have **too much** work.      My boss talks **too much**.  **2** My diet is unhealthy. I eat **too many** cookies.  **3**  I don't want to go out tonight. I'm **too** tired.  FORM   * We use *too much, too many, too* to say "more than is good."   **1** Use *too much* + uncountable noun (e.g., *coffee, time*) or after a verb.  **2** Use *too many* + countable noun (e.g., *cookies, people*).  **3** Use *too* + an adjective **NOT** I'm too much tired.  ***(not) enough***  EXAMPLES  **1**  Do you eat **enough** vegetables?      I don't drink **enough** water.  **2**  Jane doesn't sleep **enough**. She's always tired.  **3**  Our fridge isn't big **enough** for a family of five.      I don't go to bed early **enough** during the week.  FORM  **1** Use *enough* before a noun to mean "all that is necessary."  **2** Use *enough* after a verb with no object.  **3** Use *enough* after an adjective or adverb. |

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| 1.  I'm not in shape. I don't exercise \_\_\_\_\_\_\_\_\_\_\_ .  2.  I can't walk to school. It's \_\_\_\_\_\_\_\_\_\_\_ far.  3.  There are \_\_\_\_\_\_\_\_\_\_\_ cars on the roads today.  4.  I spend \_\_\_\_\_\_\_\_\_\_\_ time on the computer.  5.  I'm always stressed because I have \_\_\_\_\_\_\_\_\_\_\_ work.  6.  I was \_\_\_\_\_\_\_\_\_\_\_ sick to go to work yesterday.  7.  I don't study \_\_\_\_\_\_\_\_\_\_\_ – I failed all of my exams.  8.  There were \_\_\_\_\_\_\_\_\_\_\_ people at the party, so it was impossible to dance. |  |

**Health and the body: Activity 1**

Listen and read. Match the pictures to the correct words.

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**Health and the body: Activity 2**

Listen and match the words to the definitions.

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| bones |  | blood |  |
| blood pressure |  | muscles |  |
| heart attack |  | heart |  |
| teeth |  |  |  |

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Listen and read. Match the sentence to the correct sound. Then listen and repeat.

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| 1.  Can you pass me the \_\_\_\_\_\_\_\_\_\_ ? |  |
| 2.  Do you work or \_\_\_\_\_\_\_\_\_\_ ? |  |
| 3.  I don’t worry very \_\_\_\_\_\_\_\_\_\_ . |  |
| 4.  Your sister's very \_\_\_\_\_\_\_\_\_\_ ! |  |
| 5.  I don't have any \_\_\_\_\_\_\_\_\_\_ . |  |
| 6.  She is going to the gym to build more \_\_\_\_\_\_\_\_\_\_ . |  |
| 7.  Is today going to be \_\_\_\_\_\_\_\_\_\_ ? |  |
| 8.  He really hates the sight of \_\_\_\_\_\_\_\_\_\_ . |  |
| 9.  Two single rooms please, and one \_\_\_\_\_\_\_\_\_\_ . |  |
| 10.  What do you want for \_\_\_\_\_\_\_\_\_\_ ? |  |
| 11.  What's the biggest city in your \_\_\_\_\_\_\_\_\_\_ ? |  |
| 12.  She's usually serious, but she can be very \_\_\_\_\_\_\_\_\_\_ . |  |

**Five a day: Activity 1**

Read and listen to the text. Choose the correct answers.

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| **Fruits & Veggies–More Matters**  How much fruit do you eat every day? And how many vegetables? Food experts today think that we don’t have enough of these foods in our diet, and they say that we eat too much fat and sugar. This is why the World Health Organization has started a campaign to encourage us to eat more fruits and vegetables. The campaign in the US is called Fruits & Veggies— More Matters.  **Why eat fruits and vegetables?**  Fruits and vegetables are full of important vitamins and minerals that our bodies need to be healthy. Scientific studies have shown that eating a lot of them can prevent some illnesses like type 2 diabetes and obesity. Also, fruits and vegetables don’t contain much fat, and they don’t have many calories, so they help us to keep thin.  **What counts?**  Almost all fruits and vegetables count toward your five a day, except potatoes. The food can be fresh, frozen, or in a can, like peaches or peas. It can be raw, cooked, or even dried, like raisins or banana chips. A glass of 100-percent fruit juice with no added sugar also counts as one serving.  **How much is a serving?**  A serving of fresh fruit or vegetables depends on the size of the food. In the case of small-sized fruit like plums or mandarin oranges, one serving is two pieces of fruit. A piece of medium-sized fruit like an apple, an orange, or a pear also counts as one serving. With larger fruit like melon and pineapple, one serving is one-half cup or about 3 ounces. We use the same method for calculating servings with vegetables. In the case of salad vegetables, a medium-sized tomato or 3.5-inch piece of cucumber count as one serving each. For smaller, cooked vegetables like beans and carrots, one serving is three large spoonfuls of vegetables. |

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| 1. The author wrote the text to \_\_\_\_\_\_.    * tell a story    * give information    * describe something 2. The author wants people \_\_\_\_\_\_ to read it.    * who don't eat enough fruits and vegetables    * who grow a lot of fruits and vegetables    * who are vegetarians 3. \_\_\_\_\_\_ do not count towards your five a day.    * Peas    * Potatoes    * Peaches |  |

**Five a day: Activity 2**

Read the text again and choose the correct answers.

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| **Fruits & Veggies–More Matters**  How much fruit do you eat every day? And how many vegetables? Food experts today think that we don’t have enough of these foods in our diet, and they say that we eat too much fat and sugar. This is why the World Health Organization has started a campaign to encourage us to eat more fruits and vegetables. The campaign in the US is called Fruits & Veggies— More Matters.  **Why eat fruits and vegetables?**  Fruits and vegetables are full of important vitamins and minerals that our bodies need to be healthy. Scientific studies have shown that eating a lot of them can prevent some illnesses like type 2 diabetes and obesity. Also, fruits and vegetables don’t contain much fat, and they don’t have many calories, so they help us to keep thin.  **What counts?**  Almost all fruits and vegetables count toward your five a day, except potatoes. The food can be fresh, frozen, or in a can, like peaches or peas. It can be raw, cooked, or even dried, like raisins or banana chips. A glass of 100-percent fruit juice with no added sugar also counts as one serving.  **How much is a serving?**  A serving of fresh fruit or vegetables depends on the size of the food. In the case of small-sized fruit like plums or mandarin oranges, one serving is two pieces of fruit. A piece of medium-sized fruit like an apple, an orange, or a pear also counts as one serving. With larger fruit like melon and pineapple, one serving is one-half cup or about 3 ounces. We use the same method for calculating servings with vegetables. In the case of salad vegetables, a medium-sized tomato or 3.5-inch piece of cucumber count as one serving each. For smaller, cooked vegetables like beans and carrots, one serving is three large spoonfuls of vegetables. |



1. Eating a lot of fruits and vegetables can sometimes stop us from getting sick.
   * True
   * False
2. Eating fruits and vegetables can't help us control our weight.
   * True
   * False
3. Fruit in a can is considered a serving.
   * True
   * False
4. Frozen vegetables don't count towards your five a day.
   * True
   * False
5. Only 100% pure fruit juice counts as one serving.
   * True
   * False
6. One mandarin orange counts as one serving.
   * True
   * False
7. You have to eat a lot of tomatoes to get one serving.
   * True
   * False
8. A large spoonful of cooked vegetables doesn't count as a serving.
   * True
   * False