

1

Vocabulary



Match. Then, listen and check your answers.



a bottle of



a glass of



a cup of



a can of



a bar of



a piece of

1. water

2. chocolate

3. tea or coffee

4. cheese

5. milk

6. lemonade

2

Read

Do the quiz and find out how healthy you are.

Quiz

Healthy Harry or
Junk Food Jack?



1

What do you usually have for breakfast?

- a. A cup of tea or coffee.
- b. Nothing.
- c. A glass of milk and toast or cereal.

2

How many meals do you have a day?

- a. 1 big meal.
- b. 3-4 small meals.
- c. 2 meals.



3

How much water do you drink a day?

- a. 1 big bottle.
- b. 1 glass.
- c. 1 small bottle.

4 Do you eat vegetables and fruit?
a. Yes, every day.
b. Yes, but not very often.
c. No, never.



5 How much chocolate do you eat a week?
a. I don't eat any chocolate.
b. A lot! Over seven bars of chocolate!
c. About 2-3 bars.

6 Do you eat junk food?
a. Yes, very often.
b. No, never.
c. Sometimes.



Your Score

1. a: 1	b: 0	c: 2
2. a: 0	b: 2	c: 1
3. a: 2	b: 0	c: 1
4. a: 2	b: 1	c: 0
5. a: 2	b: 0	c: 1
6. a: 0	b: 2	c: 1

0-4 Your nickname is Junk Food Jack! You eat a lot of junk food and that's very bad for you! **Change your eating habits NOW!**

5-8 You know what's healthy for you but you don't always eat right. **Keep trying!**

9-12 Hello Healthy Harry! You are very careful with what you eat. **Good for you!**

3 Grammar

How much? / How many?

We use **How much + uncountable nouns**:

- **A:** *How much water do you drink?*
B: *A lot. About two bottles a day.*

We use **How many + countable nouns**:

- **A:** *How many eggs have we got?*
B: *Only four.*

- We use **How much...?** with uncountable nouns to ask about the quantity of something.
How much water is in the bottle?
- We use **How many...?** with countable nouns to ask about the number of something.
How many students are there in the classroom?

Complete with **How much** or **How many**.

1. bread do we need?
2. oranges do you eat a day?
3. sandwiches are there in the bag?
4. money have you got?
5. cups of tea do you drink a day?

4 Vocabulary

Complete the sentences with the words in the box.

bottles careful can healthy meals piece

1. There's a snake behind you. Be !
2. I usually have three a day. Breakfast, lunch and dinner.
3. I eat vegetables and fruit every day. They're very .
4. Can you buy a of mushrooms from the supermarket?
5. I'd like a of cake, please.
6. There are two of orange juice in the fridge. Would you like some?

5

Listen



Listen to a street survey and answer the questions.

1. How much milk does the girl drink?
☐ 1 glass a day ☐ 3 glasses a day
2. What does the girl have with her cereal?
☐ milk ☐ yoghurt
3. How many bananas does the girl eat?
☐ one a day ☐ three a week
4. What does the girl like?
☐ chocolate ☐ ice cream

A. Complete the sentences with the words in the box.

bottle glass cup can bar piece



1. a _____ of cake



2. a _____ of water



3. a _____ of coffee



4. a _____ of chocolate



5. a _____ of milk



6. a _____ of lemonade

B. Complete with the words in the box.

careful nickname over quiz score toast keep trying

1. You aren't very good at singing but _____.
2. There's an interesting _____ on page 17 of this magazine.
3. My name's Chucky but my _____ is Chocky. You see, I love eating chocolate.
4. It's a goal! The _____ is now 2-1 to United!
5. Be _____! There's a snake behind you.
6. I always have orange juice and _____ for breakfast.
7. There are _____ 800 students in our school.

C. Complete the questions with *How much* / *How many*. Then, answer the questions about yourself.

- | | |
|--|--|
| 1. _____ milk do you drink every morning?
 | 4. _____ tea do you drink a day?
 |
| 2. _____ bars of chocolate do you
eat a week?
 | 5. _____ lemonade do you
drink a week?
 |
| 3. _____ bottles of water do you drink a
week?
 |

 |



D. Complete the questions with *How much* or *How many* and the words in the box.

days coffee oranges bread students ~~milk~~

1. **A:** How much milk do we need for the cake?

B: Two glasses.

2. **A:** _____ are there in a week?

B: Seven.

3. **A:** _____ do you eat a week?

B: I eat one a day. I like fruit.

4. **A:** _____ does your father drink a day?

B: Two or three cups.

5. **A:** _____ do you eat with your meals?

B: Not much.

6. **A:** _____ are there in your class?

B: Thirty.

E. Complete with the sentences a-f.

a. Let's eat something healthy.

b. We can change our eating habits after lunch.

c. Some cereal with milk and a glass of orange juice.

d. Nothing.

e. What about some Chinese food for lunch?

f. It's good to eat something for breakfast.



1. **Donna** What do you usually have for breakfast?

Fay (1) _____ I don't eat breakfast.

Donna Really? That's bad, you know.
(2) _____

Fay What do you usually have?

Donna (3) _____

- a. Let's eat something healthy.
- b. We can change our eating habits after lunch.
- c. Some cereal with milk and a glass of orange juice.
- d. Nothing.
- e. What about some Chinese food for lunch?
- f. It's good to eat something for breakfast.



2. Brian Mum, let's get some burgers and chips from the fast food restaurant.

Mum No way! (4) _____

Brian Oh, please, Mum! I want a burger.

Mum No! Junk food is bad for you!

(5) _____

Brian Oh, come on, Mum! You know I hate Chinese food. (6) _____ OK?