

Unit 5C

1. Complete the sentences with *a few, a little, much, enough, many, or a lot of*.

Ex.: Could I have a little more rice, please?

- She spends too _____ hours doing exercises.
- I don't eat _____ fruit and vegetables. I need to eat more healthy food.
- How _____ cups of coffee do you drink a day?
- How _____ time do you spend doing exercises?
- I ate _____ cookies yesterday. It was almost six packages.
- She drinks _____ cups of coffee a day, only one or two.

2. Circle the correct phrase.

Ex.: I'm tired. I don't enough sleep (sleep enough).

- Too **much** / **many** coffee isn't good for you.
- I don't have **enough time** / **time enough** to sleep.
- You should be more friendly, but not **too much** / **too** friendly.
- The coffee was **hot enough** / **too hot** to drink so I left it for a minute to cool.
- I'm going to have **little** / **few** free time this weekend.

3. Choose the correct word or phrase.

Ex.: They invited _____ people to the party.
(X) a few () a little

- There were _____ questions in the test so I only answered two.
() a lot of () enough
- Don't spend _____ time on the computer.
() much () many
- The room wasn't _____ so I turned the heating on.
() hot enough () too hot
- I didn't buy the jacket because it was _____.
() big enough () too big
- Her shoes were _____ so I didn't borrow them.
() small enough () too small

4. Complete the sentences with these words.

body – bones – brain – prevent – gain
skin – faces – anxious – illness

Ex.: Exercises help you to keep your body healthy.

- I'm _____ about my English exam because I didn't study hard.
- My mother is suffering from a serious _____.
- You must moisturize your _____ everyday.
- Doctors say that drinking wine helps to _____ from heart attack.
- Milk is good for your _____ because of the calcium.
- John and Beth were in the sun all day long, that's why their _____ are very red.
- Don't eat too much chocolate and candies, if you don't want to _____ weight.
- People say that avocado and fish stimulate the _____ and they are good for the memory.

5. Read the text and complete the sentences.

"My name is Mary and I am an architect. I get up every morning and have cereal for breakfast. I also have a can of coke. I drink too much coke but I really like it. For lunch I have a sandwich but I also eat a lot of fruit. I don't do enough exercise but I try and do for a run once a week. For dinner I usually have pasta or salad. My brother is called Tim and he works in an office. He doesn't eat breakfast in the morning but he has a salad and a glass of orange juice for lunch. He does a lot of exercise and goes to the gym every day but he eats too many cakes. He works very hard and sometimes just has a sandwich for dinner. I don't think he gets enough sleep."

Ex.: Mary drinks too much coke.

- Mary eats _____ fruit.
- Mary doesn't do _____ exercise.
- Tim does _____ exercise.
- Tim eats _____ cakes.
- Tim doesn't get _____ sleep.