4 SPEAKING

a Read the questionnaire and complete the questions with *How much* or *How many*.

How much sugar and salt do YOU have a day?

Sugar

1 _____ spoonfuls of sugar do you have in your tea or coffee?
a two or more b one c none

2 _____ cans of soda (or other carbonated drinks) do you drink a day?
a two or more b one c none

3 _____ fruit or fruit juice do you have a day?
a a lot b not much c none

4 _____ cookies do you eat a week?
a a lot b not many c none

Salt

5 How often do you add salt to your food at the table?
a always b sometimes c never

6 _____ take-out food do you eat?
a a lot b not much c none

7 _____ bread do you eat a day?
a a lot b a little c none

8 _____ cheese do you eat a week?
a a lot b a little c none

b In pairs, interview your partner. Do you think he / she needs to eat less sugar and salt?

c Work in pairs. **A** say how much you eat / drink of the things below. **B** respond and ask for more information.

fish meat potatoes vegetables chocolate
fast food eggs pasta olive oil butter

I eat a lot of fish. *How often do you eat fish?*

5 READING

a Read the magazine article *White Gold*. With a partner, complete the facts with *sugar* or *salt*.

b Read the article again, and highlight five new words or phrases. Compare with a partner.

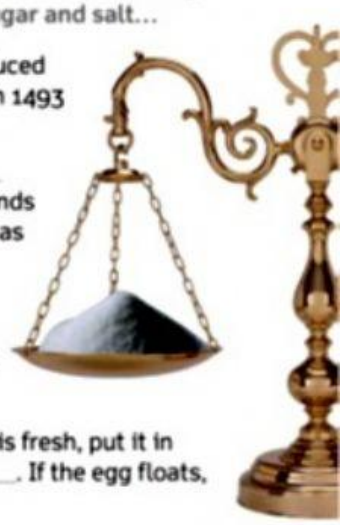
c Did any of the facts surprise you?

6 41 SONG *Sugar Sugar*

WHITE GOLD

FASCINATING FACTS ABOUT SUGAR AND SALT

At different times in history, both sugar and salt were called "white gold," because they were so expensive and difficult to get. But there are many more interesting facts about sugar and salt...



- Christopher Columbus introduced [1]_____ to the New World in 1493 on his second voyage.
- If you eat too much [2]_____ (about .03 ounces per 2.2 pounds of weight), you can die. This was a method of ritual suicide in ancient China.
- Salzburg in Austria was called "the city of [3]_____" because of its mines.
- If you want to check if an egg is fresh, put it in a cup with water and [4]_____. If the egg floats, it isn't very fresh.
- In Brazil, fuel made from [5]_____ is used in cars instead of gas.
- Americans eat or drink about 5 pounds of [6]_____ a month.
- [7]_____ is used to make glass, laundry detergent, and paper.
- [8]_____ kills some bacteria, and so helps food to last longer, which is why cheese contains a lot.
- If you put [9]_____ into a vase of flowers, the flowers last longer.
- [10]_____ only contains energy. It doesn't contain any vitamins or minerals.
- *Sure* and [11]_____ are the only two words in the English language that begin with "su" and are pronounced "sh."
- We need to have a little [12]_____ in our diet, but not more than 4 grams a day, which is about one teaspoon.

Source: *American English File*

LIVEWORKSHEETS