

C: We can talk about **quantity** in other ways.

We recommend that you eat **seven strawberries**.

A bowl of lettuce is a serving. **100 grams of squash or sweetcorn** is a serving too. Or you can have **a glass of tomato juice (200 ml)**.

1. If the noun is **countable / uncountable**, you can use a number.
2. If the noun is **countable / uncountable**, you can use a container or other measurement.

D: Try to eat **a few peas** or **a little sweetcorn**.

1. For a small quantity, we use **a few** with **countable / uncountable** nouns.
2. For a small quantity, we use **a little** with **countable / uncountable** nouns.

Remember that for a large quantity we use **a lot of (or lots of)** for both **countable and uncountable nouns**.

You need to eat **a lot of/lots of fruit and vegetables** every day.

4

Practice

Match the sentence halves.

A

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| 1. You can eat three | a. apples or pears every day, but not more. |
| 2. Would you like a little | b. few strawberries, please? |
| 3. I like a | c. lettuce with your sandwich? |
| 4. Yesterday I had a lovely bowl | d. lot of milk in my coffee. |
| 5. Can I have a | e. of soup for lunch. |
| 6. She didn't eat many | f. vegetables when she was younger. |