

*a lot of / much / many /
How much ...? / How many ...?* C p.88

6 Choose the correct alternatives.

There's a lot of / much salt in this soup.

- I don't like (many) / (much) vegetables.
- We drank (many) / (a lot of) juice this morning.
- Is there (many) / (much) milk in the fridge?
- Good! There are (many) / (a lot of) bananas and I'm hungry!
- There aren't (many) / (much) eggs.
- He likes (a lot of) / (much) sugar in his coffee.

7 Complete the questions with *How much* or *How many*.

How much meat do you eat every week?

- cups of coffee do you drink every day?
- fruit do you usually eat every day?
- homework do you get?
- people were at Rob's party?
- chocolate do you eat?
- cousins do you have?
- olive oil is there?
- questions did you answer?

a little / a few C p.88

8 Complete the sentences with *a little* or *a few*.

I have a few friends at a different school.

- My mom speaks Japanese.
- I only want French fries.
- We bought apples at the market.
- I only had money with me.
- Can I have mayonnaise on my sandwich?
- Dad had cookies with his coffee.

9 Complete the dialogues with *a little* or *a few*.

A Were there many people at the mall?

B No, it was very quiet. There were only a few people.

- A Do we have any juice?
B Yes, we do. There's in the fridge.
- A Did you get many phone calls this afternoon?
B No, I didn't, but I got this morning.
- A Is there any pepper in this sauce?
B There's . Does it need more?

Round-up

1 Choose the correct alternatives.

Eat like an Olympian

Adam Peaty is an / a Olympic champion swimmer. He won a gold medal in the 100 m breaststroke at the Rio Olympics in 2016. But how do you become an Olympic champion?



¹How many / How much physical exercise do you need to do? And ²how many / how much food do you need to eat? The answer to the last two questions is the same—³many / a lot!

Adam trains every day, in the gym and in the swimming pool, but to do this, he needs ⁴a lot of / many energy. We get energy from food, and when Adam is training for a competition, he eats 6,000–8,000 calories a day! That's ⁵a lot of / a few food! A typical person needs 2,500 calories a day.

For breakfast, Adam eats ⁶a lot of / much eggs. He usually has them with ⁷any / a little salt and pepper. He also eats ⁸a lot of / much meat. He has ⁹some / any meat (for example, beef, chicken, or lamb) or fish every day and with all these meals he has ¹⁰a lot of / much vegetables, too. Are there any types of food that Adam doesn't eat? He doesn't eat ¹¹many / much mayonnaise or ketchup, and he only eats ¹²a few / a little burgers and fries because they're unhealthy.

Adam Peaty can eat 6,000–8,000 calories a day because his diet is healthy and he's very active. Please don't try to eat what Adam eats—or at least not every day!

2 Read the text again. Then complete the questions and answers.

How much food does Adam eat every day?

He eats a lot of food. He eats 6,000 to 8,000 calories.

- calories does the average person eat?
People usually eat 2,500 calories a day.
- Does Adam eat food for breakfast?
Yes, he does. He eats eggs with salt and pepper.
- vegetables does Adam eat?
He eats vegetables.
- Does Adam eat meat?
Yes, he does. He eats meat.
He has meat every day.
- mayonnaise does he eat?
He only eats mayonnaise.