**Ex. 1 (a) p. 98 Fill in. Use 'is' or 'are'.**

1 There … four carrots in the fridge.
2 There … some milk on the table.
3 There … some ham here for your sandwich.
4 There … some tomatoes in the fridge.

**Ex. 2 p. 99 Fill in these quiz questions. Use 'much' or 'many'.**

1 How _____ milk do you drink a day?
2 How _____ biscuits or cakes do you eat a week?
3 How _____ chocolate do you eat a week?
4 How _____ carrots do you eat a week?
5 How _____ apples do you eat a week?

***Ex.5 p. 100-101 Match questions with answers.***

1 Why do kids love fast food? 2 Why is breakfast important to you?
3 What's healthy for you? 4 What's not good for your health?
5 What happens if you skip meals? 6 Why do people go on diet?
7 Why is it not good to eat a lot of fast food?

8 What doesn't a vegetarian eat?
9 Which drink is good for your teeth and bones?

10 What's bad for your teeth?

a Sweets.

b It's not healthy and you can put on too much weight.

c Because it's tasty and cheap. d To lose weight.

e You eat too many snacks.

f It gives you energy to start the day. g Milk.

h Vitamins, proteins and fi bers.

i Too much fat. j Meat.

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***Ex. 1 (b) p. 98 read and listen to Anna and Cindy's talk with Anna's older cousin Eva and say if the statements are true or false***

Anna: Eva, tell me something about healthy eating habits. How many glasses of water do I have to drink every day?
Eva: Water is very important for you. So, it's good to drink eight glasses of water a day.
Cindy: How much chocolate can I eat?
Eva: You have to be careful with sweets. So don't eat too much of them.
Anna: How many vegetables do I have to eat to be healthy?
Eva: I know that you don't like broccoli or spinach, but they are good for you.
Anna: Do you eat any spinach for breakfast?
Eva: Well, I don't eat any spinach for breakfast, but I eat some for lunch.
Cindy: Ok, let's eat some hot dogs now. I'm just kidding.

a) It's good to drink eight glasses of water a day. **true** **false**
b) You can eat two bars of chocolate a day. **true** **false**
c) You can eat vegetables every day. **true** **false**
d) Hot dog is a healthy food. **true** **false**

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