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5A Slow down, you move too fast

There is more to life than increasing its speed.
Mahatma Gandhi, Indian leader

1 GRAMMAR quantifiers

a Complete the chart with the underlined expressions.

1 I think people spend too much time at work.
2 There weren't any parking spaces outside the supermarket.
3 People eat too fast nowadays.
4 We don't have enough people for a game of soccer.
5 We only had a little work to do in the office today.
6 Very few companies have a cafeteria.
7 The weekend just isn't long enough to do everything.
8 Lots of people go to work without any breakfast.
9 Were there many people at the restaurant?
10 There's no time to stop for lunch. We'll have to eat a sandwich.

Large quantity	Small quantity	Less than you want / need	More than you want / need	Zero
lots of			*too much*	*not any*

b Complete the sentences with expressions from **a**.

1 The car stopped because there was *no* gas in the tank.
2 I think you spend _____ time on your computer: it's bad for your eyes.

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3 There were _____ salespeople and we had to wait a long time to be served.

4 Don't worry! You have _____ time to finish the test – more than an hour.

5 You're driving _____ fast. Please slow down.

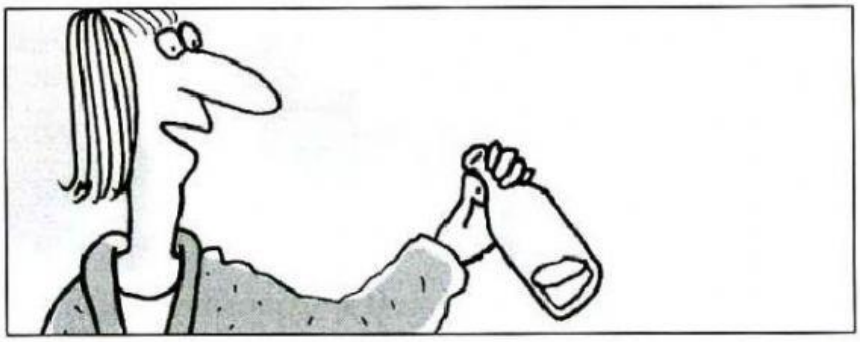
6 There weren't _____ people in class yesterday. Only five turned up.

c Complete each pair of sentences so that they have the same meaning. Sometimes more than one expression is possible.



1 There were too *few* people at the party.

There were *n't* *enough* people at the party.

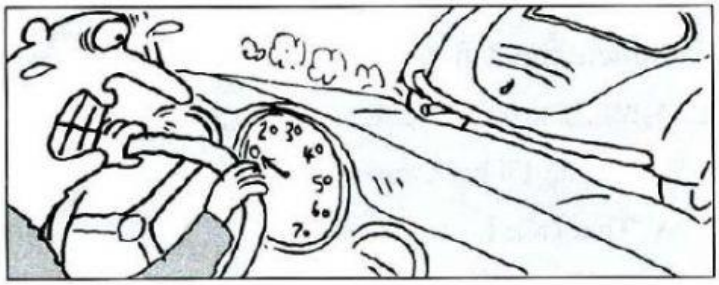


2 I only have _____ _____ milk left.

I don't have _____ milk left.

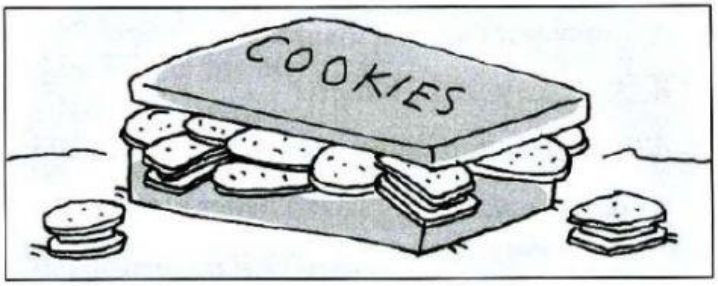
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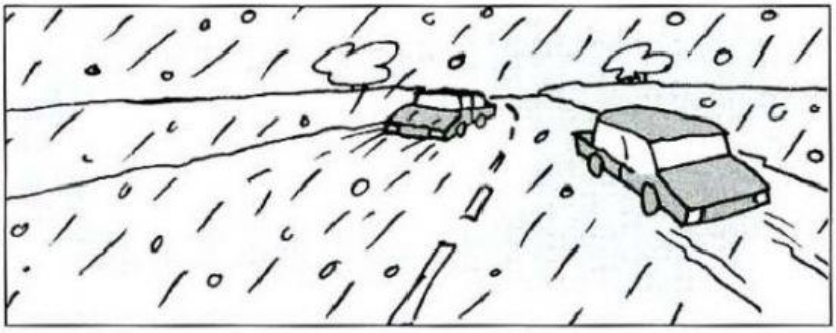
3 He has _____ patience with slow drivers.

He doesn't have _____ patience with slow drivers.



4 There are _____ _____ cookies in the box.

The box isn't _____ _____ for all the cookies.



5 There were very _____ cars on the road because of the bad weather.

There weren't _____ cars on the road because of the bad weather.

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6 There is too _____ time to finish the job today.

There isn't _____ time to finish the job today.



7 He can't buy the watch. He doesn't have

_____ _____.

He can't buy the watch. It's _____ _____ for him.

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b Write a word from the list next to each definition.

doughnut rough naughty cough drought

1 _____ /kɔf/ *verb* to send air out of your mouth with a loud noise, e.g., when you have a cold

2 _____ /'nɔti/ *adj* (for children) badly behaved, not doing what an adult says

3 _____ /draʊt/ *noun* a long time with no rain

4 _____ /'doʊnʌt/ *noun* a small round cake often with a hole in the middle

5 _____ /rʌf/ *adj* not smooth or level (e.g., your hands after too much work)

3 VOCABULARY noun formation

a Complete the sentences with a noun formed from a verb from the list.

argue inform ~~discuss~~ propose predict imagine decide survive

1 The *discussion* went on for hours.

2 A writer needs to have a lot of _____.

3 There wasn't much _____ in the article.

4 Scientists are pessimistic about the _____ of polar bears into the 22nd century.

5 What's your _____ for the game tomorrow?

6 I had an _____ with my boss and she shouted at me.

7 Do we want Plan A or Plan B? We need to make a _____ now.

8 The city council's _____ for the new road wasn't popular.

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b Complete the sentences with a noun formed from the adjectives in parentheses.

1 There is too much *craziness* on the roads these days. (crazy)

2 My _____ depends on having a quiet, peaceful home. (happy)

3 His _____ to his brother was quite amazing. (similar)

4 The new airport is only a _____. The planners haven't made a final decision. (possible)

5 Only a small _____ of people oppose the plan. (minor)

6 She showed great _____ during the training course. (able)

4 READING

a Look at the text below. Based on the title of the book, what do you think the book is about?

1 How to lose weight quickly
2 How to cook interesting dishes
3 How to live more healthily

b Read the text and check your answer.

Books Readers' comments Your account

***The Slow Down Diet*: Eating for Pleasure, Energy, and Weight Loss**

by Marc David

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Our modern culture is very interested in doing as much as possible in the least amount of time. As a result, most people rush through life at a speed that makes a healthy lifestyle impossible. We eat fast, on the run, and often under stress. As a result, we not only lose most of the pleasure we might get from our food, but we also damage our health. Many of us come to the end of the day feeling depressed and overweight.

In *The Slow Down Diet*, Marc David presents a new way to understand our relationship with food, encouraging us to look for quality ingredients and to take pleasure in eating. He presents an eight-week program that allows readers to analyze their own connection to food, helping them get rid of old habits and any guilt they may have. He explains the disadvantages of all "quick-fix" diets and tells the truth about common myths, such as "the right way to lose weight is to eat less and exercise more." Instead, he shows us strategies that help both the body and soul, proving that a full enjoyment of each meal is the best way to a healthy body.

c Answer the questions.

1 Why is a healthy lifestyle difficult for many people?
2 Do many people really enjoy their food?
3 How do many people feel at the end of the day?
4 How does Marc David want us to change our relationship with food?
5 How long does the program last?
6 Does Marc David believe in strict diets?
7 What does the book say will happen if we really enjoy our meals?

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More Words to Learn

Write translations and try to remember the words.

Word	Pronunciation	Translation
balance *noun*	/ˈbæləns/	
flavor *noun*	/ˈfleivər/	
global *adjective*	/ˈgloʊbl/	
organic *adjective*	/ɔrˈgænɪk/	
tragic *adjective*	/ˈtrædʒɪk/	
aim *verb*	/eɪm/	
encourage *verb*	/ɪnˈkərɪdʒ/	
increase *verb*	/ɪnˈkris/	
reduce *verb*	/rɪˈdus/	
protect *verb*	/prəˈtɛkt/	

LIVEWORKSHEETS