

What Nicole Kidman Actually Eats in a Day



Nicole Kidman is 49 and arguably, in the best shape of her life. We needed to know her secrets. "I'm actually not that strict with my diet. I pretty **much** eat anything, but all in moderation," she said. Nicole Kidman eats lean protein. Since she's from Australia, she eats a lot of seafood, which is a good source of protein.

The actress also revealed that she likes to drink a cup of coffee with **little** sugar. She sometimes drinks **some** vegan green smoothies before she has breakfast. When she has time, she prepares healthy pancakes with **a few** slices of banana on it. For lunch she eats **some** salads, her favorite one is the dark forest salad because it has a red cabbage, broccoli and spinach topped with crumble feta cheese and grilled chicken.

Could: *polite request*

Complete

some, **some**, **some**, any, any, **much**, **many**,

- 1- My mother always prepares chicken soup withpotatoes.
- 2- There is not butter left.
- 3- There are not milk left.
- 4- Could I have chicken?
- 5- Would you like burger with French fries?
6. How potatoes do you need for the pie?
7. How salt do you have?

Complete with **There is** / **There are**

1. ' an apple on the table.
2. some carrots.
3. many bags of sugar in the cupboard.?
4. any milk left in the fridge?
5. not any apples left.

There is + singular
There are + plural

There is **a/an** + singular
countable
There is **some** + uncountable
There are **some** + countable
plural
There are **two** + countable
plural