

## 2 GRAMMAR quantifiers, too, (not) enough

a Complete the sentences with *a few*, *a little*, *much*, *many*, or *a lot of*.

- 1 Max is quite overweight because he eats a lot of chocolate.
- 2 Excuse me! Can I ask you            questions about your diet?
- 3 How            pieces of fruit do you eat a day?
- 4 How            sugar do you have in your coffee?
- 5 Could I have            more tea, please?
- 6 I watch            TV – usually four or five hours a day.
- 7            sunshine is good for you, but no more than 15 minutes a day.
- 8 I only drink            cups of coffee a day – maybe two or three.

b Match 1–6 to a–f to make sentences.

- 1 The problem with your diet is that you eat   c
- 2 You're probably having problems sleeping because you drink
- 3 If you want to lose weight, make sure you do
- 4 I don't like the gym because there are
- 5 I know I need to do more exercise, but when I finish work, I'm just
- 6 Jason's dad had a heart attack, but luckily they got to the hospital

a too tired.  
b early enough.  
c too much sugar.  
d too much coffee late at night.  
e enough exercise.  
f too many people and not enough machines.

c Rewrite the sentences with the words in brackets.

- 1 You need to do more exercise. (enough)  
You don't do enough exercise.
- 2 You need to drink less beer. (too much)  
You drink           .
- 3 You go to bed too late. (early enough)  
You don't           .
- 4 Are you getting all the sleep that you need? (enough)  
Are you getting           ?
- 5 You need to stop eating all those biscuits – they're bad for your teeth. (too many)  
You eat           .
- 6 I think my diet includes the right amount of fruit and vegetables. (enough)  
I think I eat           .

## 3 PRONUNCIATION /ʌ/

a Tick (✓) the word that has an /ʌ/ sound.

1 cut	✓	put	
2 muscle		cute	
3 through		enough	
4 food		blood	
5 none		bone	

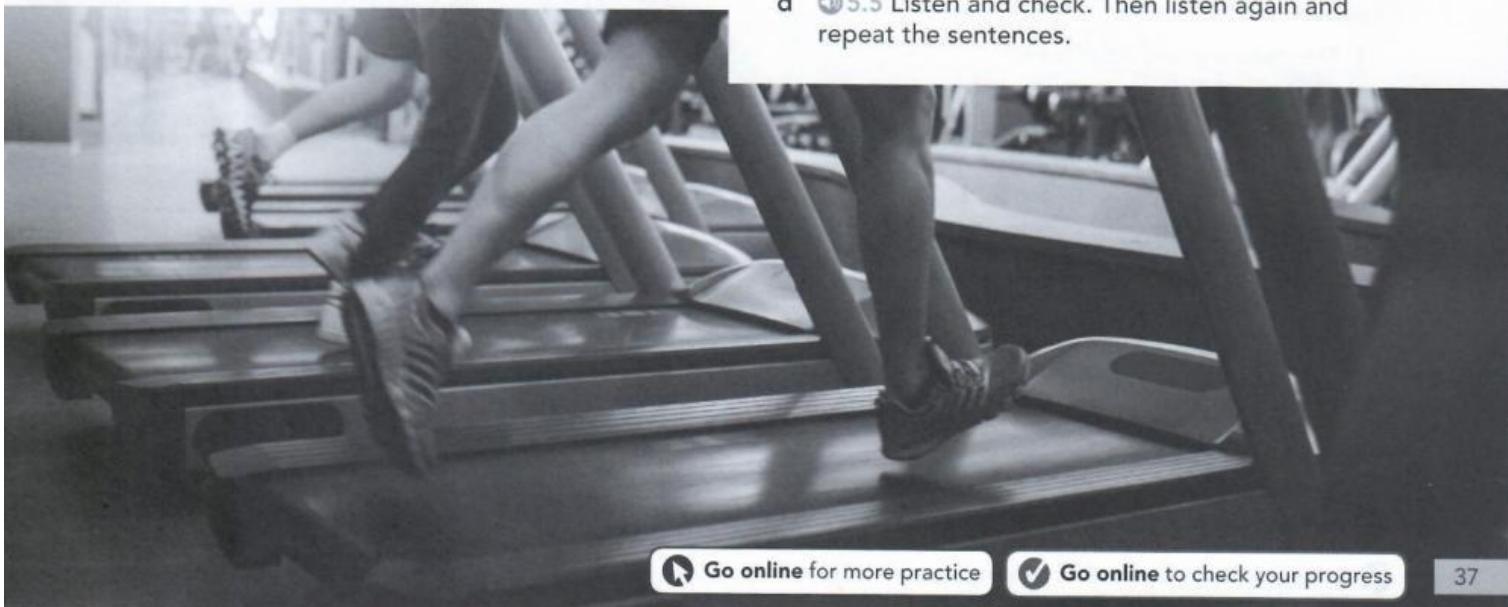


b ⑤.4 Listen and check. Then listen again and repeat the words.

c Circle the TWO **bold** letters in each sentence that have an /ʌ/ sound.

- 1 Did it hurt when you **cut** your **thumb?**
- 2 Being in hospital **wasn't** **much** **fun**.
- 3 I like to give **blood** every **few** **months**.
- 4 We all need to **get** **enough** **sun**.
- 5 I don't really **do** **much** **run**ning.

d ⑤.5 Listen and check. Then listen again and repeat the sentences.



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