



B. Circle the correct words.

1. John never eats junk food because he thinks it's **unhealthy** / **tasty** .
2. Fried food has a lot of **fat** / **sugar** in it.
3. A: Would you like some **meatballs** / **peas** ?
B: No, thanks. I don't eat meat.
4. Let's put some olive **bone** / **oil** on the salad.
5. Lisa **avoids** / **overdoes** eating food with a lot of salt or sugar because she is on a diet.
6. If you want to be healthy, it is **necessary** / **strong** to exercise.
7. Michael never drinks milk. He hates **vitamins** / **dairy products** .
8. What do you **feel** / **choose** like eating today?
9. John bought some **junk** / **fresh** fruit from the market yesterday.
10. My brother goes for a walk in the park every **point** / **now** and then.

C. Look at the picture and write sentences about what's in Julie's kitchen. Use *much*, *many* or *a lot of* / *lots of*, as in the example.



1. She hasn't got many eggs.
2. She _____ cheese.
3. She _____ yoghurt.
4. She _____ potatoes.
5. She _____ carrots.
6. She _____ strawberries.
7. She _____ tomatoes.
8. She _____ milk.



D. Choose a, b or c.

1. Would you like _____ chips with your burger?
a. many **b. a few** **c. a little**
2. How _____ bananas do you need for the banana cake?
a. much **b. many** **c. a few**
3. Don't give me _____ cheese. I don't really like it.
a. many **b. much** **c. a little**
4. Molly only has _____ milk with her cereal.
a. much **b. a little** **c. a lot**
5. There were _____ great bargains in the shopping centre yesterday.
a. lots of **b. a little** **c. a lot**
6. There was a _____ noise at the restaurant.
a. many **b. lot of** **c. lots of**
7. I want to ask you _____ questions about the project.
a. much **b. a little** **c. a few**
8. Add _____ salt to your food to make it tasty.
a. a little **b. much** **c. a few**



E. Read and complete the sentences.

Do you want to feel good?

YOU MUST:

- ... have a balanced diet with lots of fresh fruit and vegetables.
- ... drink lots of water.
- ... exercise for about half an hour a day three to four times a week.
Maybe even start doing a sport!
- ... have a lot of light in your house.
- ... have a shower before you go to bed.
It relaxes you and you can sleep better.
- ... sleep on a comfortable bed for about 7-8 hours a night.

YOU MUSTN'T:

- ... eat a lot of unhealthy foods or forget to have three meals.
- ... drink lots of soft drinks or coffee.
- ... do lots of difficult exercises because you will feel tired.
- ... live in a house without a lot of light.
- ... eat a lot of food before you go to bed. Never go to bed on a full stomach.
- ... forget that you need to sleep 7-8 hours a night.

1. Exercising for about _____ minutes a day three to four times a week, helps you feel good.
2. Drinking a lot of _____ is bad for you.
3. You have to eat three _____ and drink _____.
4. You mustn't _____ lots of _____ food.