

1

Vocabulary



Match. Then, listen and check your answers.



a bottle of



a glass of



a cup of



a can of



a bar of



a piece of

1. water

4. cheese

2. chocolate

5. milk

3. tea or coffee

6. lemonade

2

Read

Do the quiz and find out how healthy you are.

Quiz

Healthy Harry or
Junk Food Jack?



1

What do you usually have for breakfast?

- a. A cup of tea or coffee.
- b. Nothing.
- c. A glass of milk and toast or cereal.

2

How many meals do you have a day?

- a. 1 big meal.
- b. 3-4 small meals.
- c. 2 meals.



3

How much water do you drink a day?

- a. 1 big bottle.
- b. 1 glass.
- c. 1 small bottle.

4 Do you eat vegetables and fruit?
a. Yes, every day.
b. Yes, but not very often.
c. No, never.



5 How much chocolate do you eat a week?
a. I don't eat any chocolate.
b. A lot! Over seven bars of chocolate!
c. About 2-3 bars.

6 Do you eat junk food?
a. Yes, very often.
b. No, never.
c. Sometimes.



Your Score

1. a: 1	b: 0	c: 2
2. a: 0	b: 2	c: 1
3. a: 2	b: 0	c: 1
4. a: 2	b: 1	c: 0
5. a: 2	b: 0	c: 1
6. a: 0	b: 2	c: 1

0-4 Your nickname is Junk Food Jack! You eat a lot of junk food and that's very bad for you! **Change your eating habits NOW!**

5-8 You know what's healthy for you but you don't always eat right. **Keep trying!**

9-12 Hello Healthy Harry! You are very careful with what you eat. **Good for you!**

3 Grammar

How much? / How many?

We use **How much + uncountable nouns:**

- ▶ **A:** *How much water do you drink?*
- ▶ **B:** *A lot. About two bottles a day.*

We use **How many + countable nouns:**

- ▶ **A:** *How many eggs have we got?*
- ▶ **B:** *Only four.*

- We use **How much...?** with uncountable nouns to ask about the quantity of something.
How much water is in the bottle?
- We use **How many...?** with countable nouns to ask about the number of something.
How many students are there in the classroom?

Complete with **How much** or **How many**.

1. bread do we need?
2. oranges do you eat a day?
3. sandwiches are there in the bag?
4. money have you got?
5. cups of tea do you drink a day?

4 Vocabulary

Complete the sentences with the words in the box.

bottles careful can healthy meals piece

1. There's a snake behind you. Be !
2. I usually have three a day. Breakfast, lunch and dinner.
3. I eat vegetables and fruit every day. They're very .
4. Can you buy a of mushrooms from the supermarket?
5. I'd like a of cake, please.
6. There are two of orange juice in the fridge. Would you like some?

5 Listen 

Listen to a street survey and answer the questions.

1. How much milk does the girl drink?
 1 glass a day 3 glasses a day
2. What does the girl have with her cereal?
 milk yoghurt
3. How many bananas does the girl eat?
 one a day three a week
4. What does the girl like?
 chocolate ice cream

A. Complete the sentences with the words in the box.

bottle glass cup can bar piece



1. a _____ of cake



2. a _____ of water



3. a _____ of coffee



4. a _____ of chocolate



5. a _____ of milk



6. a _____ of lemonade

B. Complete with the words in the box.

careful nickname over quiz score toast keep trying

1. You aren't very good at singing but _____.
2. There's an interesting _____ on page 17 of this magazine.
3. My name's Chucky but my _____ is Chocky. You see, I love eating chocolate.
4. It's a goal! The _____ is now 2-1 to United!
5. Be _____! There's a snake behind you.
6. I always have orange juice and _____ for breakfast.
7. There are _____ 800 students in our school.

C. Complete the questions with *How much* / *How many*. Then, answer the questions about yourself.

- | | |
|--|--|
| 1. _____ milk do you drink every morning?
 _____ | 4. _____ tea do you drink a day?
 _____ |
| 2. _____ bars of chocolate do you
eat a week?
 _____ | 5. _____ lemonade do you
drink a week?
 _____ |
| 3. _____ bottles of water do you drink a
week?
 _____ | _____ |



D. Complete the questions with *How much* or *How many* and the words in the box.

days coffee oranges bread students milk

1. A: *How much milk* do we need for the cake?

B: Two glasses.

2. A: _____ are there in a week?

B: Seven.

3. A: _____ do you eat a week?

B: I eat one a day. I like fruit.

4. A: _____ does your father drink a day?

B: Two or three cups.

5. A: _____ do you eat with your meals?

B: Not much.

6. A: _____ are there in your class?

B: Thirty.

E. Complete with the sentences a-f.

a. Let's eat something healthy.

b. We can change our eating habits after lunch.

c. Some cereal with milk and a glass of orange juice.

d. Nothing.

e. What about some Chinese food for lunch?

f. It's good to eat something for breakfast.



1. Donna What do you usually have for breakfast?

Fay (1) _____ I don't eat breakfast.

Donna Really? That's bad, you know.
(2) _____

Fay What do you usually have?

Donna (3) _____

- a. Let's eat something healthy.
- b. We can change our eating habits after lunch.
- c. Some cereal with milk and a glass of orange juice.
- d. Nothing.
- e. What about some Chinese food for lunch?
- f. It's good to eat something for breakfast.



2. **Brian** Mum, let's get some burgers and chips from the fast food restaurant.

Mum No way! (4) _____

Brian Oh, please, Mum! I want a burger.

Mum No! Junk food is bad for you!

(5) _____

Brian Oh, come on, Mum! You know I hate Chinese food. (6) _____ OK?