



Hello!

Welcome to Opportunities for Serendipity English Course!



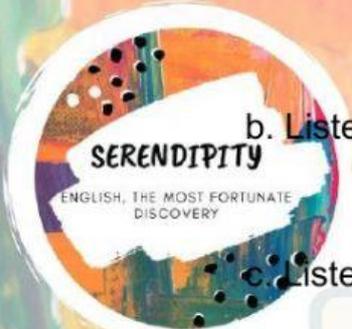
How much sugar?

White gold

1. Vocabulary: food containers

a. Match the words and pictures.





b. Listen and check. 4.35

c. Listen and write five phrases. 4.36

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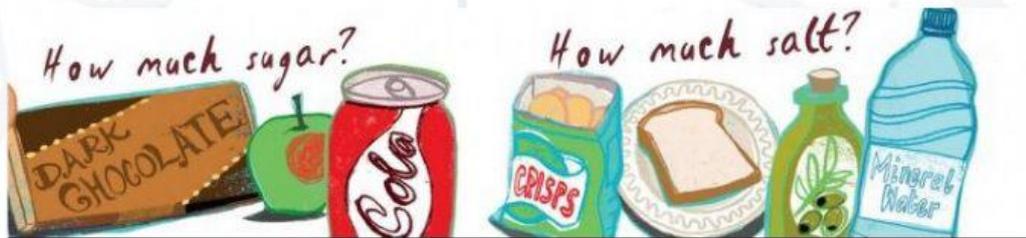
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d. Make phrases with the containers and words below:

- of biscuits
- of chocolates
- of Coke
- of crisps
- of juice
- of jam
- of milk
- of salt
- of sugar
- of tuna

2. Grammar: quantifiers (how much, how many, a lot of, etc.)

a. Look at the pictures. Then ask and answer about the food.



b. Now check your answers to exercise a.

How much sugar?

According to the American Heart Association, a woman should have no more than 20g (grams) of sugar a day (= 5 teaspoons) and a man no more than 36g (= 9 teaspoons).

- a can of Coke has approximately 35g of sugar
- an apple has approximately 23g of sugar
- a small (40g) bar of dark chocolate has approximately 7g of sugar
- an egg doesn't have any sugar

How much salt?

According to UK Government studies, an adult should eat no more than 6g of salt a day.

- a packet of crisps has approximately 3g of salt
- a slice of white bread has approximately 0.5g of salt
- a bottle of mineral water has approximately 0.0023g of salt
- a bottle of olive oil doesn't have any salt

c. Quantifiers.

uncountable (singular)

How much sugar do you eat?

short answers

A lot.

Quite a lot.

A little.

Not much.

None.

full answers

I eat a lot of sugar.

I eat quite a lot of sugar.

I eat a little sugar.

I don't eat much sugar.

I don't eat any sugar.

countable (plural)

How many sweets do you eat?

A lot.

Quite a lot.

A few.

Not many.

None.

I eat a lot of sweets.

I eat quite a lot of sweets.

I eat a few sweets.

I don't eat many sweets.

I don't eat any sweets.

- We use *How much...?* with uncountable (U) nouns and *How many...?* with plural countable (C) nouns.
- We use:
 - a lot (of)* with C and U nouns for a **big quantity**.
 - quite a lot (of)* for a **medium quantity**.
 - a little / not...much* with U nouns for a **small quantity**.
 - a few / not...many* with C plural nouns for a **small quantity**.
 - not...any (none in short answers)* for **zero quantity**.

a lot of and much / many

- In + sentences we usually use *a lot of*.
- In – sentences and ?, we usually use *much* and *many*:
I don't drink much water. Do you drink much coffee?
- It is also possible to use *a lot of* in – and ?:
Do you drink a lot of coffee? I don't eat a lot of vegetables.

3. Speaking

Complete the questions with How much / How many.

OPPORTUNITIES
English

How much sugar and salt do you have a day?

Sugar

- spoonfuls of sugar do you have in your tea or coffee?
three or more
two
one
none
- cans of cola (or other fizzy drinks) do you drink a day?
three or more
two
one
none
- fruit or fruit juice do you have a day?
a lot
quite a lot
not much
none
- sweets or biscuits do you eat a week?
a lot
not many
very few
none

Salt

- How often do you add salt to your food at the table?
always
often
sometimes
never
- takeaway food do you eat?
a lot
quite a lot
not much
none
- bread do you eat a day?
a lot
quite a lot
a little
none
- cheese do you eat a week?
a lot
quite a lot
a little
none

b. Have a conversation with your partner or teacher. Say how much you eat / drink of the things below. Your partner / teacher responds and asks for more information. Say if you have a healthy diet or not.

fish meat potatoes vegetables chocolate
fast food eggs pasta olive oil butter

4. Reading

- a. Read the magazine article *White Gold*. Complete the facts with sugar or salt. Google information to help you.
- b. Look up five new words or phrases in the dictionary.
- c. Did any of these facts surprise you?

Read the text.

1

White gold

Fascinating facts about sugar and salt

At different times in history, both sugar and salt were called 'white gold', because they were so expensive and difficult to get. But there are many more interesting facts about sugar and salt...



- Christopher Columbus introduced (1) _____ to the New World in 1493 on his second voyage.
- If you eat too much (2) _____ (about 1 gram per kilogram of weight), you can die. This was a method of ritual suicide in ancient China.
- Salzburg in Austria was called 'the city of (3) _____' because of its mines.
- If you want to check if an egg is fresh, put it in a cup with water and (4) _____. If the egg floats, it isn't very fresh.
- In Brazil fuel made from (5) _____ is used in cars instead of petrol.



- Americans eat or drink about 2.25 kilos of **(6)** _____ a month.
- **(7)** _____ is used to make glass, washing powder, and paper.
- **(8)** _____ kills some bacteria, and so helps food to last longer, which is why bacon and cheese contain a lot.
- If you put **(9)** _____ into a vase of flowers, the flowers last longer.
- **(10)** _____ only contains energy. It doesn't contain any vitamins or minerals.
- *Sure* and **(11)** _____ are the only two words in the English language that begin with 'su' and are pronounced 'sh'.
- We need to have a little **(12)** _____ on our diet, but not more than 6g a day, which is about one teaspoon.

