

1- Read the text and think of one perfect song for each moment in your life

4.2 Getting into a good rhythm

WHAT'S THE BEST MUSIC FOR ... ?

STUDYING

Best music: classical or instrumental music

Examples: Mozart's sonatas or Spanish guitar

Why? It makes it easier for you to concentrate and take in new information.



GETTING TO SLEEP

Best music: soft classical music

Examples: the works of Handel and Bach

Why? It slows down brainwaves and helps you relax.

EXERCISING

Best music: electronic, hip-hop or pop songs

Examples: Lady Gaga's *Applause*

Why? It has a fast and regular rhythm.



DRIVING

Best music: pop songs with a gentle tempo

Examples: Justin Timberlake's *Cry me a river*

Why? The rhythm matches your heartbeat and keeps you calm so you drive carefully.

FOR STUDYING:

GETTING READY TO SLEEP:

EXERCISING:

TRAVELLING BY CAR OR BY BUS:

2  Listen to a music expert talking about the best music to listen to while studying. Circle the types of music he recommends.

- 1 songs with / without words
- 2 songs you like / dislike
- 3 music on the radio / an album

3 Read the sentences in the Grammar box. Choose the correct options to complete a-d.

COUNTABLE AND UNCOUNTABLE NOUNS

Many **students** listen to music when they study. Some **research** suggests that music can help us study.

Do you listen to much classical **music**?

I keep a few jazz **CDs** in the car.

- a 'Student' and 'CD' are *countable / uncountable nouns*.
- b 'Research' and 'music' are *countable / uncountable nouns*.
- c *Countable / uncountable nouns* have both singular and plural forms.
- d *Countable / uncountable nouns* have no plural form and use a singular verb.

4- Read the chart and complete the table with the expressions used for countable and uncountable nouns.

TALKING ABOUT QUANTITY	
Countable	Uncountable
There were too many people.	There was too much noise.
Do you have many songs on your phone?	Do you have much music on your phone?
I have lots of / a lot of pop songs.	I have lots of / a lot of pop music.
I don't have many country songs.	I don't have much country music.
How many people were at the concert?	How much traffic was there?
There were lots / a lot .	There was lots / a lot .
There were only a few .	There was only a little .

any	a few	a little	a lot of
many	much	some	

C	U	C/U

5- Complete the sentences with these words.

any	a few	a lot of
many	much	some

- 1 How about watching _____ television to relax before we go out?
- 2 I wanted to see that play, but there weren't _____ tickets available, so, sadly, I couldn't.
- 3 There were _____ people trying to get into the festival, so I waited a long time.
- 4 I don't have _____ time, but I could meet you for an hour to have a look at the exhibition.
- 5 I don't know the words to _____ songs, but I do know _____ folk songs that my grandmother taught me.

6- Complete the sentences with *too*, *too much*, *too many*, *how much* or *how many*.

- 1 I like working in a library as there is _____ noise at home.
- 2 My brother usually studies in a café – he can't work when it's _____ quiet!
- 3 I get hundreds of emails. I can't write back to them all. There are _____ !
- 4 _____ do you know about classical music?
- 5 If I work for _____ hours without a break, I start to make mistakes.
- 6 _____ hours a day do you spend sitting down?

7 Complete the sentences. Circle the correct words.

1 A: Do you know *any / some* of his early music?
I think it's really interesting.

B: No, I don't. Tell me *some / any* good songs to listen to.

2 A: Did it take *many / much* time to download that new song?
B: Yeah. I think *too many / much* people were trying to download it at once.

3 A: *Were / Was* there a big crowd at the concert?
B: Not really. There *were / were* only a *few / little* people.

8  **4.10** Complete the text. Circle the correct words. Listen and check your answers.

If you're a student who's struggling with too ¹*many / much* exams, a ²*few / little* classical music might just help. According to ³*many / much* different academic studies, classical music has ⁴*many / much* benefits for your brain and body that can make a difference at exam time. It's been shown that listening to classical music has an effect on how ⁵*many / much* new information you can learn. And if you're stressed or not getting ⁶*many / much* sleep, classical music can help too. It can help you relax and is also said to reduce blood pressure.

9 Correct the mistake in each sentence.

1 I love this band, but they don't do many live concert these days.

2 The performer stopped because there was too many noise coming from the crowd.

3 I was amazed by how few equipment the band had on stage.

4 After the band finished their last song, there were a lot of applause.

