C: We can talk about **quantity** in other ways.

We recommend that you eat **seven strawberries**.

A bowl of lettuce is a serving. **100 grams of squash or sweetcorn** is a serving too. Or you can have **a glass of tomato juice (200 ml)**.

1. If the noun is **countable / uncountable,** you can use a number.
2. If the noun is **countable / uncountable,** you can use a container or other measurement.

D: Try to eat **a few peas** or **a little sweetcorn**.

1. For a small quantity, we use **a few** with **countable / uncountable** nouns.
2. For a small quantity, we use **a little** with **countable / uncountable** nouns.

Remember that for a large quantity we use **a lot of** (or **lots of**) for both **countable** and **uncountable nouns.**

You need to eat **a lot of/lots of fruit and vegetables** every day.

4 Practice

Match the sentence halves.

A

1.	You can eat three	a.	apples or pears every day, but not more.
2.	Would you like a little	b.	few strawberries, please?
3.	I like a	c.	lettuce with your sandwich?
4.	Yesterday I had a lovely bowl	d.	lot of milk in my coffee.
5.	Can I have a	e.	of soup for lunch.
6.	She didn't eat many	f.	vegetables when she was younger.

LIVEWORKSHEETS