

Ex. 1 (a) p. 98 Fill in. Use 'is' or 'are'.

- 1 There ... four carrots in the fridge.
- 2 There ... some milk on the table.
- 3 There ... some ham here for your sandwich.
- 4 There ... some tomatoes in the fridge.

Ex. 2 p. 99 Fill in these quiz questions. Use 'much' or 'many'.

- 1 How _____ milk do you drink a day?
- 2 How _____ biscuits or cakes do you eat a week?
- 3 How _____ chocolate do you eat a week?
- 4 How _____ carrots do you eat a week?
- 5 How _____ apples do you eat a week?

Ex.5 p. 100-101 Match questions with answers.

- | | |
|---|--------------------------------------|
| 1 Why do kids love fast food? | 2 Why is breakfast important to you? |
| 3 What's healthy for you? | 4 What's not good for your health? |
| 5 What happens if you skip meals? | 6 Why do people go on diet? |
| 7 Why is it not good to eat a lot of fast food? | |
| 8 What doesn't a vegetarian eat? | |
| 9 Which drink is good for your teeth and bones? | |
| 10 What's bad for your teeth? | |
- a Sweets.
- b It's not healthy and you can put on too much weight.
- c Because it's tasty and cheap.
- d To lose weight.
- e You eat too many snacks.
- f It gives you energy to start the day.
- g Milk.
- h Vitamins, proteins and fibers.
- i Too much fat.
- j Meat.

Ex. 1 (b) p. 98 read and listen to Anna and Cindy's talk with Anna's older cousin Eva and say if the statements are true or false

Anna: Eva, tell me something about healthy eating habits. How many glasses of water do I have to drink every day?

Eva: Water is very important for you. So, it's good to drink eight glasses of water a day.

Cindy: How much chocolate can I eat?

Eva: You have to be careful with sweets. So don't eat too much of them.

Anna: How many vegetables do I have to eat to be healthy?

Eva: I know that you don't like broccoli or spinach, but they are good for you.

Anna: Do you eat any spinach for breakfast?

Eva: Well, I don't eat any spinach for breakfast, but I eat some for lunch.

Cindy: Ok, let's eat some hot dogs now. I'm just kidding.

- a) It's good to drink eight glasses of water a day. **true** **false**
- b) You can eat two bars of chocolate a day. **true** **false**
- c) You can eat vegetables every day. **true** **false**
- d) Hot dog is a healthy food. **true** **false**