



There is more to life than increasing its speed.
Mahatma Gandhi, Indian leader

Slow down, you move too fast

1 GRAMMAR quantifiers

a Complete the chart with the underlined expressions.

- 1 I think people spend too much time at work.
- 2 There weren't any parking spaces outside the supermarket.
- 3 People eat too fast nowadays.
- 4 We don't have enough people for a game of soccer.
- 5 We only had a little work to do in the office today.
- 6 Very few companies have a cafeteria.
- 7 The weekend just isn't long enough to do everything.
- 8 Lots of people go to work without any breakfast.
- 9 Were there many people at the restaurant?
- 10 There's no time to stop for lunch. We'll have to eat a sandwich.

Large quantity	Small quantity	Less than you want / need	More than you want / need	Zero
<i>lots of</i>			<i>too much</i>	<i>not any</i>

b Complete the sentences with expressions from a.

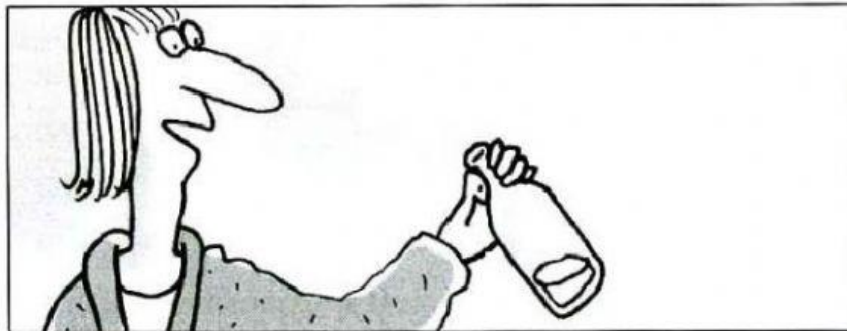
- 1 The car stopped because there was no gas in the tank.
- 2 I think you spend _____ time on your computer: it's bad for your eyes.

- 3 There were _____ salespeople and we had to wait a long time to be served.
- 4 Don't worry! You have _____ time to finish the test – more than an hour.
- 5 You're driving _____ fast. Please slow down.
- 6 There weren't _____ people in class yesterday. Only five turned up.

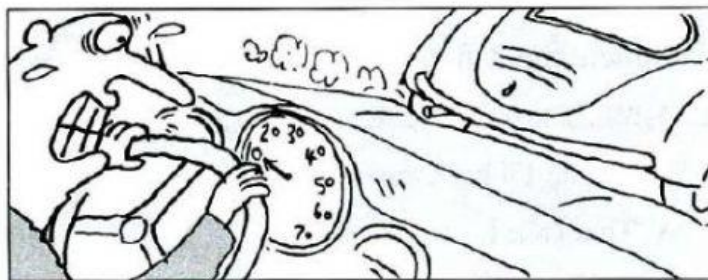
c Complete each pair of sentences so that they have the same meaning. Sometimes more than one expression is possible.



- 1 There were too few people at the party.
There were n't enough people at the party.

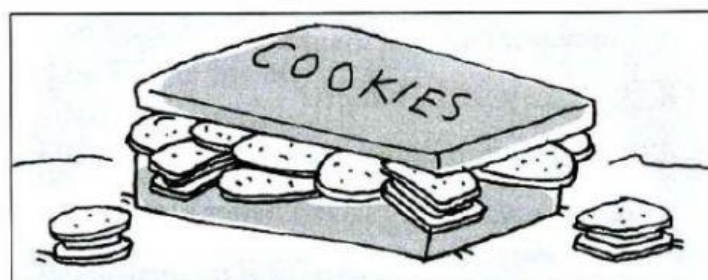


- 2 I only have _____ milk left.
I don't have _____ milk left.



3 He has _____ patience with slow drivers.

He doesn't have _____ patience with slow drivers.



4 There are _____ cookies in the box.

The box isn't _____ for all the cookies.



5 There were very _____ cars on the road because of the bad weather.

There weren't _____ cars on the road because of the bad weather.



6 There is too _____ time to finish the job today.

There isn't _____ time to finish the job today.



7 He can't buy the watch. He doesn't have

_____.

He can't buy the watch. It's _____ for him.

b Write a word from the list next to each definition.

doughnut rough naughty cough drought

- 1 _____ /kɒf/ *verb* to send air out of your mouth with a loud noise, e.g., when you have a cold
- 2 _____ /'nɒti/ *adj* (for children) badly behaved, not doing what an adult says
- 3 _____ /draʊt/ *noun* a long time with no rain
- 4 _____ /'daʊnʌt/ *noun* a small round cake often with a hole in the middle
- 5 _____ /rʌf/ *adj* not smooth or level (e.g., your hands after too much work)

3 VOCABULARY noun formation

a Complete the sentences with a noun formed from a verb from the list.

argue inform discuss propose predict
imagine decide survive

- 1 The discussion went on for hours.
- 2 A writer needs to have a lot of _____.
- 3 There wasn't much _____ in the article.
- 4 Scientists are pessimistic about the _____ of polar bears into the 22nd century.
- 5 What's your _____ for the game tomorrow?
- 6 I had an _____ with my boss and she shouted at me.
- 7 Do we want Plan A or Plan B? We need to make a _____ now.
- 8 The city council's _____ for the new road wasn't popular.

b Complete the sentences with a noun formed from the adjectives in parentheses.

- 1 There is too much craziness on the roads these days. (crazy)
- 2 My _____ depends on having a quiet, peaceful home. (happy)
- 3 His _____ to his brother was quite amazing. (similar)
- 4 The new airport is only a _____. The planners haven't made a final decision. (possible)
- 5 Only a small _____ of people oppose the plan. (minor)
- 6 She showed great _____ during the training course. (able)

4 READING

a Look at the text below. Based on the title of the book, what do you think the book is about?

- 1 How to lose weight quickly
- 2 How to cook interesting dishes
- 3 How to live more healthily

b Read the text and check your answer.

Books Readers' comments Your account

The Slow Down Diet: Eating for Pleasure, Energy, and Weight Loss
by Marc David

Our modern culture is very interested in doing as much as possible in the least amount of time. As a result, most people **rush** through life at a speed that makes a healthy lifestyle impossible. We eat fast, on the run, and often under stress. As a result, we not only lose most of the pleasure we might get from our food, but we also **damage** our health. Many of us come to the end of the day feeling depressed and overweight.

In *The Slow Down Diet*, Marc David presents a new way to understand our relationship with food, encouraging us to look for quality ingredients and to take pleasure in eating. He presents an eight-week program that allows readers to **analyze** their own connection to food, helping them get rid of old habits and any guilt they may have. He explains the disadvantages of all "quick-fix" diets and tells the truth about common **myths**, such as "the right way to lose weight is to eat less and exercise more." Instead, he shows us **strategies** that help both the body and **soul**, proving that a full enjoyment of each meal is the best way to a healthy body.

c Answer the questions.

- 1 Why is a healthy lifestyle difficult for many people?
- 2 Do many people really enjoy their food?
- 3 How do many people feel at the end of the day?
- 4 How does Marc David want us to change our relationship with food?
- 5 How long does the program last?
- 6 Does Marc David believe in strict diets?
- 7 What does the book say will happen if we really enjoy our meals?

More Words to Learn

Write translations and try to remember the words.

Word	Pronunciation	Translation
<u>balance</u> <i>noun</i>	/'bæləns/	
<u>flavor</u> <i>noun</i>	/'fleivər/	
<u>global</u> <i>adjective</i>	/'gləʊbl/	
<u>organic</u> <i>adjective</i>	/ɔr'gænik/	
<u>tragic</u> <i>adjective</i>	/'trædʒɪk/	
<u>aim</u> <i>verb</i>	/eɪm/	
<u>encourage</u> <i>verb</i>	/ɪn'keɪdʒ/	
<u>increase</u> <i>verb</i>	/ɪn'kris/	
<u>reduce</u> <i>verb</i>	/rɪ'dus/	
<u>protect</u> <i>verb</i>	/prə'tekt/	