GRAMMAR: Quantifiers: *(how) much, (how) many, a lot of, a few, a little*

1 Choose the correct options to complete the sentences.

1 I'm drinking ____ carrot juice right now. I want to be healthy.
a much b a lot of c a few

2 Can I have ____ milk in my coffee, please?
a many b a few c a little

3 How ____ meals do you usually eat?
a many b much c few

4 Sara eats ____ cakes and cookies. It's not very healthy!
a a little b a few c a lot of

5 "Are there any potatoes?" "There are ____."
a a few b a little c much

6 Millie usually has ____ cereal for breakfast, but I don't think it's enough.
a a little b a lot of c many

7 How ____ meat does he eat every week?
a much b little c many

2 Complete the text with the correct quantifiers. Write one word in each space.



People often ask me how to stay healthy. I have a [1]_____ good ideas. First, I always have a big breakfast, so I don't need [2]_____ snacks in the middle of the morning. The people I work with eat a lot [3]_____ cakes and cookies at eleven o'clock – not me! I eat [4]_____ little cake sometimes and a [5]_____ potato chips – but not many. How [6]_____ cola do I drink? None! I drink a [7]_____ coffee, but I drink a [8]_____ of water, too. And how [9]_____ glasses of water do I drink? Probably about seven every day.

VOCABULARY: Containers and portions

3 Match the two parts of the sentences.

1 Could we have a can ____
2 I need a bottle of ____
3 Can you buy a box ____
4 He'd like a bag of ____
5 Is there a bag of ____
6 Laura has a bar ____
7 I often have a bowl ____

a of chocolate in her desk.
b water – I'm really thirsty!
c of pasta for my dinner.
d potato chips with his lunch.
e of corn, please?
f onions in the kitchen?
g of cereal for breakfast tomorrow?

4 Complete the words.

1 I'm going to the store for a c_____ of milk.
2 "There are no fresh tomatoes." "Why don't you buy some in a c_____?"
3 It's my birthday today! Have a s_____ of cake.
4 My mom has a c_____ of tea every morning.
5 It's really hot! Do you want a g_____ of cold water?
6 There are some olives in that j_____. Would you like some?
7 Have a p_____ of this cheese with your bread.

PRONUNCIATION: Weak form *of*

5 7.2 Say the sentences. How do we say *of*? Listen, check, and repeat.

1 I don't eat a lot of candy.
2 How many cups of coffee do you drink?
3 Do you want a box of cookies?
4 How many glasses of juice do they want?
5 There is a bowl of fruit on the table.
6 Where is the bottle of olive oil?

LIVEWORKSHEETS