

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?