Who is the healthiest?

Read the piece below and decide who is healthiest, Mary or Tim.



My name is Mary and I am an architect. I get up every morning and have cereal for breakfast. I also have a can of coke. I drink **too much** coke but I really like it. For lunch I have a sandwich but I also eat **a lot of** fruit. I don't do **enough** exercise but I try and do for a run once a week. For dinner I usually have pasta or salad. My brother is called Tim and he works in an office. He doesn't eat breakfast in the morning but he has a salad and a glass of orange juice for lunch. He does **a lot of** exercise and goes to the gym every day but he eats **too many** cakes. He works very hard and sometimes just has a sandwich for dinner. I don't think he gets **enough** sleep.

Read the article about Mary and Tim and fill in the blanks

1. Mary drinks _____ coke.
2. Mary eats _____ fruit
3. Mary doesn't do _____ exercise.
4. Tim does _____ exercise.
5. Tim eats _____ cakes.
6. Tim doesn't get _____ sleep.

LIVEWORKSHEETS

How healthy are you?

Now write five sentences about your own eating and exercise habits. Don't forget to use **too much/too many/enough/not enough/a lot of**.

Too much	used with **uncountable** nouns e.g.
Enough/not enough	sugar/chocolate/ice.
Too many	used with **countable** nouns e.g. biscuits/sweets/
A lot of	apples/cigarettes.

1._____

_____

2._____

_____

3._____

_____

4._____

_____

5._____

_____

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