

Lesson C Vocabulary and Grammar 

 A Read the sentences. Circle the correct answer.

1. I eat a lot of \_\_\_\_\_. I like eggplant, carrots, and onions.  
a. vegetarian      b. fresh      c. vegetables
2. A \_\_\_\_\_ diet includes beans, brown rice, vegetables, and wheat bread.  
a. high-fiber      b. high-protein      c. home grown
3. She eats \_\_\_\_\_ vegetables from her garden all summer.  
a. frozen      b. processed      c. home grown
4. Kenji is a(n) \_\_\_\_\_. He doesn't eat meat, but he eats dairy products.  
a. vegan      b. vegetarian      c. organic
5. Eating a lot of \_\_\_\_\_ is not good for you.  
a. fresh      b. home grown      c. fast food
6. A \_\_\_\_\_ diet includes chicken, fish, and eggs.  
a. fast food      b. high-protein      c. vegan

 B Circle the correct word.

1. A: How *much / many* cheese do you need?  
B: *A lot / A few*. I'm making six pizzas.
2. A: How *much / many* sausages do we have?  
B: *Not many / much*. There are two in the fridge.
3. A: How *much / many* milk do you usually buy?  
B: *A lot / a little* because I have four kids.
4. A: How *much / many* sugar do you put in your tea?  
B: *Not many / much*. Just a little.
5. A: How *much / many* burgers are there?  
B: *Only a lot / a few*. We need to buy more.
6. A: How *much / many* rice do you want?  
B: *Not many / much*. I'm on a high-protein diet.
7. A: How *much / many* desserts do we need?  
B: *Not many / much*. My friends are very healthy.
8. A: How *much / many* oranges do you need to make the juice?  
B: *A lot / A few*. Everyone wants some.

 C Complete the sentences with *much, many, a lot, a little, or a few*.

1. People on high-protein diets eat \_\_\_\_\_ of meat and fish.
2. Ritika doesn't eat \_\_\_\_\_ wheat bread. She doesn't like the taste.
3. We have \_\_\_\_\_ of apples. Let's make a pie!
4. How \_\_\_\_\_ tomatoes do we need?
5. How \_\_\_\_\_ garlic do you put in the sauce?
6. Put \_\_\_\_\_ salt in the soup. Not too much!
7. Carla only eats \_\_\_\_\_ chocolate every day.
8. Can you eat nuts? The salad has \_\_\_\_\_ walnuts in it.