

a lot of/much/many

1 ☆ Choose the correct alternative.

- 1 There are a lot of/much apples on that tree.
- 2 We haven't got many/much biscuits in the cupboard.
- 3 How much/many sugar do we need for the cake?
- 4 Much/A lot of people have cereal with milk for breakfast.
- 5 I didn't drink much/many water at lunch today.
- 6 How much/many slices of bread do you eat every day?

2 ☆☆ Complete the text with *much*, *many* or *a lot of*. When two answers are possible, write both options.



4 ☆☆ Find and correct the mistakes in the sentences

- 1 You should to have a good breakfast every day.
- 2 What she should do after lunch today?
- 3 You shouldn't try this cake. It's delicious.
- 4 Do we should make some sandwiches for lunch?
- 5 He not should eat so fast. It's not healthy.

5 ☆☆ Match the sentences (1–6) to the responses (a–f). Then complete sentences a–f with *should* or *shouldn't*.

- 1 I always feel tired.
- 2 I'm not sleeping very well at night.
- 3 I always buy a lot of shopping bags at the supermarket.
- 4 I haven't got time to prepare for all my exams.
- 5 I never have any money to go out at the weekend.
- 6 I want to improve my English vocabulary.

- a You use so much plastic.
- b You drink a lot of water. it gives you energy.

The traditional Japanese diet

How (a) of your friends have a healthy diet? The traditional Japanese diet is very healthy and that is one reason why (b) Japanese people live a long life. People in Japan eat (c) rice and noodles. They don't eat (d) potatoes or chips, and they don't eat (e) meat. They eat (f) different kinds of vegetables and fish. They don't eat (g) dairy food, such as milk or cheese. They usually drink (h) green tea. It's really healthy and it tastes good! Do they eat (i) fast food in Japan? Some people do. (j) young Japanese people like eating (k) burgers, chips and pizzas. How (l) healthy food do you eat?

should/shouldn't

3 ☆ Complete the sentences with **should** or **shouldn't**.

- 1 You eat more fish – it's good for you.
- 2 We go to the beach today – it's a lovely day.
- 3 You eat so many chips – they aren't healthy.
- 4 I only eat one apple every week – I start buying more fruit.
- 5 You do exercise soon after a big meal, it's bad for your stomach.

- c You read more.
- d You try drinking warm milk before bed.
- e You spend it all on snacks and sweets!
- f You make a study timetable.

Grammar challenge ☆☆☆

6 Read the blog post. Reply to Oli and give him five more pieces of advice for the underlined information. Use **should** or **shouldn't**.

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Please help me. I'm tired all the time. I finish my homework at 10 pm, so I always eat late. I always just have a cheese sandwich for dinner because I can make it easily. I usually drink lemonade all day. And I drink tea before I go to bed. I eat a lot of chocolate during the day because it gives me energy. I go to bed at 1 am, but I don't sleep well.

What should I do?

Oli

Dear Oli,

- 1 You should start/finish your homework earlier.
- 2
- 3
- 4
- 5
- 6

Good luck! 