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.

LIVEWORKSHEETS

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!

LIVEWORKSHEETS