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

1 Max is quite overweight because he eats *a lot of* chocolate.
2 Excuse me! Can I ask you _____ questions about your diet?
3 How _____ pieces of fruit do you eat a day?
4 How _____ sugar do you have in your coffee?
5 Could I have _____ more tea, please?
6 I watch _____ TV – usually four or five hours a day.
7 _____ sunshine is good for you, but no more than 15 minutes a day.
8 I only drink _____ cups of coffee a day – maybe two or three.

b Match 1–6 to a–f to make sentences.

1 The problem with your diet is that you eat c
2 You're probably having problems sleeping because you drink ____
3 If you want to lose weight, make sure you do ____
4 I don't like the gym because there are ____
5 I know I need to do more exercise, but when I finish work, I'm just ____
6 Jason's dad had a heart attack, but luckily they got to the hospital ____

a too tired.
b early enough.
c too much sugar.
d too much coffee late at night.
e enough exercise.
f too many people and not enough machines.

LIVEWORKSHEETS