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