

# Vocabulary and grammar review Unit 2

## Grammar

### ③ Circle the correct option in each of these sentences.

- 1 Can you give me some advice / advices on how to stay fit?
- 2 Children need clear information / informations about the food they eat.
- 3 A balanced diet / Balanced diet consists of plenty of fruit and vegetables.
- 4 Organic farming causes less pollutions / pollution than traditional farming.
- 5 Some people say that a little knowledges / knowledge can be a dangerous thing.
- 6 I go to fast-food shop / fast-food shops as little as possible.
- 7 A shift worker can have very stressful lifestyle / a very stressful lifestyle.
- 8 More research / researches is needed to make genetic engineering safe.

### ④ Complete the sentences below with the expressions in the box. Use each expression only once. There are two extra expressions that you do not need.

a/an    a few    amount of    deal of    few    little  
many    much    number of    plenty of

- 1 Only a small number of consumers buy organic food.
- 2 I can't stand cooking in ..... dirty kitchen.
- 3 Everyone needs to spend a ..... time relaxing.
- 4 At the end of the week, I don't have ..... money left to buy food.
- 5 You need to put a large ..... fertiliser on young plants.
- 6 You need ..... free time in order to do your own cooking.
- 7 It's a pity that so ..... people are interested in reading the labels on food.
- 8 Obviously someone has put a great ..... work into this meal – it's delicious!

## Grammar

### Countable and uncountable nouns

### ① Complete the sentences below with the plural or uncountable form of the words in the box.

group    research    job    way  
knowledge    work    programme  
equipment    information    suggestion

- 1 More and more people nowadays are following fitness programmes..
- 2 It is easy to find ..... on how to stay fit and healthy.
- 3 People with sedentary ..... spend all day sitting down.
- 4 According to ..... , the percentage of overweight people is growing.
- 5 This booklet contains many useful ..... on how to keep fit.
- 6 Some people prefer to exercise in ..... and so they join fitness classes.
- 7 At our gym, we have all the latest fitness ..... for people to use.
- 8 Scientists are always increasing their ..... of how the body works.
- 9 This book suggests a number of ..... to help you lose weight.
- 10 My sister is looking for ..... at a health centre as a receptionist.

### ② Circle the correct option in each of these sentences.

- 1 She does plenty of / much exercise and she's very fit.
- 2 There's a large / great deal of pollution in this city at this time of year.
- 3 It took me a lot of / many time to get fit again after my injury.
- 4 There is plenty / a wide range of fitness courses that you can do.
- 5 Bad diets cause a large amount / number of health problems.
- 6 Few / Little people these days think that fitness is unimportant.
- 7 A small amount / number of junk food isn't bad for you.
- 8 It doesn't take much / many effort to stay fit if you want to do it.
- 9 My grandfather is very lucky. He has few / a few problems with his health.
- 10 Even a few / a little exercise would be good for you.

### ③ Correct the underlined nouns if necessary. Put a tick (✓) above the noun if it is correct.

information

- 1 People don't get much informations on what is really in certain food products.
- 2 You don't need a large amount of equipments to do varied exercise routines.
- 3 People are given a lot of advices about how to have healthy lifestyles.
- 4 Junk food does a lot of damages to people's healths.
- 5 A nutritionist can give people good advice on their eating habits.
- 6 Using the latest softwares, experts analyse sportsmen when they are training.
- 7 People who do office work need to find way of keeping fit.
- 8 People sometimes need help to solve problem with their weight.