

Vocabulary and grammar review Unit 2

Grammar

3 Circle the correct option in each of these sentences.

- Can you give me some advice / *advices* on how to stay fit?
- Children need clear *information* / *informations* about the food they eat.
- A *balanced diet* / *Balanced diet* consists of plenty of fruit and vegetables.
- Organic farming causes less *pollutions* / *pollution* than traditional farming.
- Some people say that a little *knowledges* / *knowledge* can be a dangerous thing.
- I go to *fast-food shop* / *fast-food shops* as little as possible.
- A shift worker can have *very stressful lifestyle* / *a very stressful lifestyle*.
- 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		

- Only a small number of consumers buy organic food.
- I can't stand cooking in dirty kitchen.
- Everyone needs to spend a time relaxing.
- At the end of the week, I don't have money left to buy food.
- You need to put a large fertiliser on young plants.
- You need free time in order to do your own cooking.
- It's a pity that so people are interested in reading the labels on food.
- 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	

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

2 Circle the correct option in each of these sentences.

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

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