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B. Circle the correct words.

1. John never eats junk food because he thinks it's **unhealthy** / **tasty** .
2. Fried food has a lot of **fat** / **sugar** in it.
3. **A:** Would you like some **meatballs** / **peas** ?

   B: No, thanks. I don't eat meat.
4. Let's put some olive **bone** / **oil** on the salad.
5. Lisa **avoids** / **overdoes** eating food with a lot of salt or sugar because she is on a diet.
6. If you want to be healthy, it is **necessary** / **strong** to exercise.
7. Michael never drinks milk. He hates **vitamins** / **dairy products** .
8. What do you **feel** / **choose** like eating today?
9. John bought some **junk** / **fresh** fruit from the market yesterday.
10. My brother goes for a walk in the park every **point** / **now** and then.

C. Look at the picture and write sentences about what's in Julie's kitchen. Use *much*, *many* or *a lot of / lots of*, as in the example.



1. She ***hasn't got many*** eggs.
2. She _____ cheese.
3. She _____ yoghurt.
4. She _____ potatoes.
5. She _____ carrots.
6. She _____ strawberries.
7. She _____ tomatoes.
8. She _____ milk.

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D. Choose a, b or c.

1. Would you like _____ chips with your burger?
   a. many **b.** a few **c.** a little

2. How _____ bananas do you need for the banana cake?
   a. much **b.** many **c.** a few

3. Don't give me _____ cheese. I don't really like it.
   a. many **b.** much **c.** a little

4. Molly only has _____ milk with her cereal.
   a. much **b.** a little **c.** a lot

5. There were _____ great bargains in the shopping centre yesterday.
   a. lots of **b.** a little **c.** a lot

6. There was a _____ noise at the restaurant.
   a. many **b.** lot of **c.** lots of

7. I want to ask you _____ questions about the project.
   a. much **b.** a little **c.** a few

8. Add _____ salt to your food to make it tasty.
   a. a little **b.** much **c.** a few

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E. Read and complete the sentences.

Do you want to feel good?

YOU MUST:

... have a balanced diet with lots of fresh fruit and vegetables.
... drink lots of water.
... exercise for about half an hour a day three to four times a week.
Maybe even start doing a sport!
... have a lot of light in your house.
... have a shower before you go to bed.
It relaxes you and you can sleep better.
... sleep on a comfortable bed for about 7-8 hours a night.

YOU MUSTN'T:

... eat a lot of unhealthy foods or forget to have three meals.
... drink lots of soft drinks or coffee.
... do lots of difficult exercises because you will feel tired.
... live in a house without a lot of light.
... eat a lot of food before you go to bed. Never go to bed on a full stomach.
... forget that you need to sleep 7-8 hours a night.

1. Exercising for about _____ minutes a day three to four times a week, helps you feel good.
2. Drinking a lot of _____ is bad for you.
3. You have to eat three _____ and drink _____ .
4. You mustn't _____ lots of _____ food.

LIVEWORKSHEETS