



**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.



**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



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.