

●●● How much is enough?

A. VOCABULARY: health and the body

Complete the sentences with a word from the box.

heart | muscles | teeth | blood | bones

FASCINATING FACTS

- 1 Most parts of your body can repair themselves, but your _____ can't.
- 2 You use 17 _____ in your face when you smile.
- 3 In an average lifetime, your _____ beats 2.5 billion times.
- 4 The _____ in your legs are very strong.
- 5 There are about 5 liters of _____ in an adult body.

B. GRAMMAR: quantifiers

Complete the sentences with a few, a little, much, many, or a lot of.

- 1 Max is overweight because he eats _____ 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 put 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.

Match 1-6 to a-f to make sentences.

- 1 The problem with your diet is that you eat _____
- 2 You're probably having problems sleeping because you drink _____
- 3 If you want to lose weight, make sure you _____
- 4 I don't like the gym because there are _____
- 5 I know I need to exercise more, 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 exercise enough.
- f too many people and not enough machines.

Rewrite the sentences with the words in parentheses.

- 1 You need to exercise more. (enough) You don't exercise enough
- 2 You need to drink less soda. (too much) You drink _____
- 3 You go to bed too late. (early enough) You don't _____
- 4 Are you getting all the sleep that you need? (enough) Are you getting _____
- 5 You need to stop eating all those cookies. They're bad for your teeth. (too many)
You eat _____
- 6 I think my diet includes the right amount of fruit and vegetables. (enough)
I think I eat _____