1 Vocabulary

Match. Then, listen and check your answers.

a bottle of ( ) a glass of ( ) a cup of ( ) a can of ( ) a bar of ( ) a piece of ( )

1. water
2. chocolate
3. tea or coffee
4. cheese
5. milk
6. lemonade

2 Read

Do the quiz and find out how healthy you are.

Quiz

Healthy Harry or **Junk Food Jack**?

1 What do you usually have for breakfast?
a. A cup of tea or coffee.
b. Nothing.
c. A glass of milk and toast or cereal.

2 How many meals do you have a day?
a. 1 big meal.
b. 3-4 small meals.
c. 2 meals.

3 How much water do you drink a day?
a. 1 big bottle.
b. 1 glass.
c. 1 small bottle.

LIVEWORKSHEETS

4 **Do you eat vegetables and fruit?**
a. Yes, every day.
b. Yes, but not very often.
c. No, never.

5 **How much chocolate do you eat a week?**
a. I don't eat any chocolate.
b. A lot! Over seven bars of chocolate!
c. About 2-3 bars.

6 **Do you eat junk food?**
a. Yes, very often.
b. No, never.
c. Sometimes.

Your Score

1. a: 1	b: 0	c: 2
2. a: 0	b: 2	c: 1
3. a: 2	b: 0	c: 1
4. a: 2	b: 1	c: 0
5. a: 2	b: 0	c: 1
6. a: 0	b: 2	c: 1

0-4 Your nickname is Junk Food Jack! You eat a lot of junk food and that's very bad for you! **Change your eating habits NOW!**

5-8 You know what's healthy for you but you don't always eat right. **Keep trying!**

9-12 Hello Healthy Harry! You are very careful with what you eat. **Good for you!**

3 Grammar

How much? / How many?

We use **How much + uncountable nouns**:
▸ ***A:*** *How much water do you drink?*
B: *A lot. About two bottles a day.*

We use **How many + countable nouns**:
▸ ***A:*** *How many eggs have we got?*
B: *Only four.*

- We use **How much...?** with uncountable nouns to ask about the quantity of something.
  How much water is in the bottle?
- We use **How many...?** with countable nouns to ask about the number of something.
  How many students are there in the classroom?

LIVEWORKSHEETS

*Complete with **How much** or **How many**.*

1. _____ bread do we need?
2. _____ oranges do you eat a day?
3. _____ sandwiches are there in the bag?
4. _____ money have you got?
5. _____ cups of tea do you drink a day?

4 Vocabulary

Complete the sentences with the words in the box.

bottles	careful	can	healthy	meals	piece

1. There's a snake behind you. Be _____!
2. I usually have three _____ a day. Breakfast, lunch and dinner.
3. I eat vegetables and fruit every day. They're very _____.
4. Can you buy a _____ of mushrooms from the supermarket?
5. I'd like a _____ of cake, please.
6. There are two _____ of orange juice in the fridge. Would you like some?

LIVEWORKSHEETS

5 Listen

Listen to a street survey and answer the questions.

1. How much milk does the girl drink?

- 1 glass a day
- 3 glasses a day

2. What does the girl have with her cereal?

- milk
- yoghurt

3. How many bananas does the girl eat?

- one a day
- three a week

4. What does the girl like?

- chocolate
- ice cream

A. Complete the sentences with the words in the box.

bottle	glass	cup	can	bar	piece

1. a _____ of cake

2. a _____ of water

3. a _____ of coffee

4. a _____ of chocolate

5. a _____ of milk

6. a _____ of lemonade

LIVEWORKSHEETS

B. Complete with the words in the box.

careful	nickname	over	quiz	score	toast	keep trying

1. You aren't very good at singing but _____.
2. There's an interesting _____ on page 17 of this magazine.
3. My name's Chucky but my _____ is Chocky. You see, I love eating chocolate.
4. It's a goal! The _____ is now 2-1 to United!
5. Be _____! There's a snake behind you.
6. I always have orange juice and _____ for breakfast.
7. There are _____ 800 students in our school.

*C. Complete the questions with **How much** / **How many**. Then, answer the questions about yourself.*

1. _____ milk do you drink every morning?
   _____
2. _____ bars of chocolate do you eat a week?
   _____
3. _____ bottles of water do you drink a week?
   _____
4. _____ tea do you drink a day?
   _____
   _____
5. _____ lemonade do you drink a week?
   _____
   _____
   _____

LIVEWORKSHEETS

*D. Complete the questions with **How much** or **How many** and the words in the box.*

days	coffee	oranges	bread	students	~~milk~~

1. **A:** How much milk do we need for the cake?
   B: Two glasses.
2. **A:** _____ are there in a week?
   B: Seven.
3. **A:** _____ do you eat a week?
   B: I eat one a day. I like fruit.
4. **A:** _____ does your father drink a day?
   B: Two or three cups.
5. **A:** _____ do you eat with your meals?
   B: Not much.
6. **A:** _____ are there in your class?
   B: Thirty.

E. Complete with the sentences a-f.

a. Let's eat something healthy.
b. We can change our eating habits after lunch.
c. Some cereal with milk and a glass of orange juice.
d. Nothing.
e. What about some Chinese food for lunch?
f. It's good to eat something for breakfast.

1. Donna What do you usually have for breakfast?
Fay (1) _____ I don't eat breakfast.
Donna Really? That's bad, you know. (2) _____
Fay What do you usually have?
Donna (3) _____

LIVEWORKSHEETS

a. Let's eat something healthy.
b. We can change our eating habits after lunch.
c. Some cereal with milk and a glass of orange juice.
d. Nothing.
e. What about some Chinese food for lunch?
f. It's good to eat something for breakfast.

2. Brian Mum, let's get some burgers and chips from the fast food restaurant.

Mum No way! (**4**) _____

Brian Oh, please, Mum! I want a burger.

Mum No! Junk food is bad for you! (**5**) _____

Brian Oh, come on, Mum! You know I hate Chinese food. (**6**) _____ OK?

LIVEWORKSHEETS