

How much and How many

1. Read the questionnaire and complete the questions *How much* or *How many*.

How much sugar and salt do YOU have a day?	
Sugar	
1	_____ spoonfuls of sugar do you have in your tea or coffee? a two or more b one c none
2	_____ cans of soda (or other carbonated drinks) do you drink a day? a two or more b one c none
3	_____ fruit or fruit juice do you have a day? a a lot b not much c none
4	_____ cookies do you eat a week? a a lot b not many c none
Salt	
5	How often do you add salt to your food at the table? a always b sometimes c never
6	_____ take-out food do you eat? a a lot b not much c none
7	_____ bread do you eat a day? a a lot b a little c none
8	_____ cheese do you eat a week? a a lot b a little c none

2. interview your partner.

Do you think he/ she needs to eat less sugar and sale?