

Name:

Date:

Grade:

Are you a healthy eater? - Activity

1. Complete the questions with: How many or How much.

ARE YOU A HEALTHY EATER?

1 **How many** meals do we need every day?

- A two B three

2 fruit and vegetables do we need every day? ...

- A 3 fruit and 3 vegetables
B 2 fruit and 3 vegetables

3 milk do we need every day? ...

- A 3 glasses B 2 glasses

4 glasses of water do we need every day? ...

- A 2 – 4 glasses B 8 – 10 glasses

5 snacks do we need every day? ...

- A one B two

6 sugar do we need every day? ...

- A a lot B not much

7 bread do we need every day? ...

- A 1 – 2 slices B 4 – 6 slices

8 vitamin C is there in oranges? ...

- A not much B a lot

2. Answer the questions choosing A or B.

ARE YOU A HEALTHY EATER?

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- | | |
|---|--|
| 1 How many meals do we need every day?
A two B three | 5 How many snacks do we need every day?
A one B two |
| 2 How many fruit and vegetables do we need every day?
A 3 fruit and 3 vegetables
B 2 fruit and 3 vegetables | 6 How much sugar do we need every day?
A a lot B not much |
| 3 How much milk do we need every day?
A 3 glasses B 2 glasses | 7 How much bread do we need every day?
A 1 – 2 slices B 4 – 6 slices |
| 4 How many glasses of water do we need every day?
A 2 – 4 glasses B 8 – 10 glasses | 8 How much vitamin C is there in oranges?
A not much B a lot |

Mostly As: You need to be more careful about what you eat!

Mostly Bs: Well done! You are a healthy eater!