

## Unit 5C

### 1. Complete the sentences with *a few, a little, much, enough, many, or a lot of*.

Ex.: Could I have a little more rice, please?

- She spends too \_\_\_\_\_ hours doing exercises.
- I don't eat \_\_\_\_\_ fruit and vegetables. I need to eat more healthy food.
- How \_\_\_\_\_ cups of coffee do you drink a day?
- How \_\_\_\_\_ time do you spend doing exercises?
- I ate \_\_\_\_\_ cookies yesterday. It was almost six packages.
- She drinks \_\_\_\_\_ cups of coffee a day, only one or two.

### 2. Circle the correct phrase.

Ex.: I'm tired. I don't enough sleep (sleep enough).

- Too **much** / **many** coffee isn't good for you.
- I don't have **enough time** / **time enough** to sleep.
- You should be more friendly, but not **too much** / **too** friendly.
- The coffee was **hot enough** / **too hot** to drink so I left it for a minute to cool.
- I'm going to have **little** / **few** free time this weekend.

### 3. Choose the correct word or phrase.

Ex.: They invited \_\_\_\_\_ people to the party.

( X ) a few ( ) a little

- There were \_\_\_\_\_ questions in the test so I only answered two.  
( ) a lot of ( ) enough
- Don't spend \_\_\_\_\_ time on the computer.  
( ) much ( ) many
- The room wasn't \_\_\_\_\_ so I turned the heating on.  
( ) hot enough ( ) too hot
- I didn't buy the jacket because it was \_\_\_\_\_.  
( ) big enough ( ) too big
- Her shoes were \_\_\_\_\_ so I didn't borrow them.  
( ) small enough ( ) too small

### 4. Complete the sentences with these words.

body – bones – brain – prevent – gain  
skin – faces – anxious – illness

Ex.: Exercises help you to keep your body healthy.

- I'm \_\_\_\_\_ about my English exam because I didn't study hard.
- My mother is suffering from a serious \_\_\_\_\_.
- You must moisturize your \_\_\_\_\_ everyday.
- Doctors say that drinking wine helps to \_\_\_\_\_ from heart attack.
- Milk is good for your \_\_\_\_\_ because of the calcium.
- John and Beth were in the sun all day long, that's why their \_\_\_\_\_ are very red.
- Don't eat too much chocolate and candies, if you don't want to \_\_\_\_\_ weight.
- People say that avocado and fish stimulate the \_\_\_\_\_ and they are good for the memory.

### 5. Read the text and complete the sentences.

"My name is Mary and I am an architect. I get up every morning and have cereal for breakfast. I also have a can of coke. I drink too much coke but I really like it. For lunch I have a sandwich but I also eat a lot of fruit. I don't do enough exercise but I try and do for a run once a week. For dinner I usually have pasta or salad. My brother is called Tim and he works in an office. He doesn't eat breakfast in the morning but he has a salad and a glass of orange juice for lunch. He does a lot of exercise and goes to the gym every day but he eats too many cakes. He works very hard and sometimes just has a sandwich for dinner. I don't think he gets enough sleep."

Ex.: Mary drinks too much coke.

- Mary eats \_\_\_\_\_ fruit.
- Mary doesn't do \_\_\_\_\_ exercise.
- Tim does \_\_\_\_\_ exercise.
- Tim eats \_\_\_\_\_ cakes.
- Tim doesn't get \_\_\_\_\_ sleep.