

1 Make present simple questions with *how much/how many*.

1 time / you / spend cooking

How much time do you spend cooking?

2 fruit / you / eat

3 eggs / you / buy each week

4 fruit juice / you / drink

5 times a week / you / have takeaway food

6 calories / be / there in a pizza

7 salt / you / put on your food

8 milk / be / there in the fridge

Choose the correct answer to each question.

1 A How much fruit do you buy each week?

B Oh, we buy *a lot* / *a lot of* fruit every week.

2 A How many eggs are there in the cupboard?

B *None* / *Not much* – I forgot to buy them.

3 A How many potatoes do we need for the soup?

B *Not many* / *Not a lot of* – just three or four.

4 A How much money do you spend in the supermarket?

B We spend quite *a lot* / *much* – food is very expensive.

5 A How many recipe books do you have?

B *Some* / *A lot of*, but not many – I don't like cooking.

6 A How much salt did you put in this soup?

B *Not many* / *Not much*. I never use *a lot* / *a lot of* salt.

Choose the correct word or phrase to complete the article.



How ¹*many/much* money does it cost to stay healthy?

Food prices today mean that ²*some / much* people in the UK are finding it difficult to buy food. The British Heart Foundation (BHF) wants people in the UK to be healthy. They asked 2,444 people about the food they bought, and they found that ³*quite a lot of them / none* (42%) didn't have the money they needed to eat healthily.

Doctors say that people need to eat ⁴*not many / a lot of* fruit and vegetables every day to stay healthy. The BHF spoke to adults who earn under £10,000 to find out ⁵*how many / how much* of them eat fruit and vegetables regularly. The answer is ⁶*a lot of them / not many*, because fresh fruit and vegetables are expensive.

Good food is important for good health and the BHF has ⁷*some / not many* ideas for people who don't have ⁸*much / some* money to spend on food, or for people who just want to eat well and save money. There's a meal plan to show how two people can eat healthily for under £50 a week.

You don't have to be a great cook – there are ⁹*lot of / a lot of* simple recipes on the website to try. ¹⁰*A lot of / None of* the recipes use expensive ingredients and they don't take ¹¹*much / many* time to make. You can visit the BHF website and see people trying ¹²*some / none* of the recipes in their own homes.

