

**5**  
**A**

There is more to life than increasing its speed.  
Mahatma Gandhi, Indian leader

**Slow down, you move too fast**

**1 GRAMMAR** quantifiers

a Complete the chart with the underlined expressions.

- 1 I think people spend too much time at work.
- 2 There weren't any parking spaces outside the supermarket.
- 3 People eat too fast nowadays.
- 4 We don't have enough people for a game of soccer.
- 5 We only had a little work to do in the office today.
- 6 Very few companies have a cafeteria.
- 7 The weekend just isn't long enough to do everything.
- 8 Lots of people go to work without any breakfast.
- 9 Were there many people at the restaurant?
- 10 There's no time to stop for lunch. We'll have to eat a sandwich.

Large quantity	Small quantity	Less than you want / need	More than you want / need	Zero
<i>lots of</i>			<i>too much</i>	<i>not any</i>

b Complete the sentences with expressions from a.

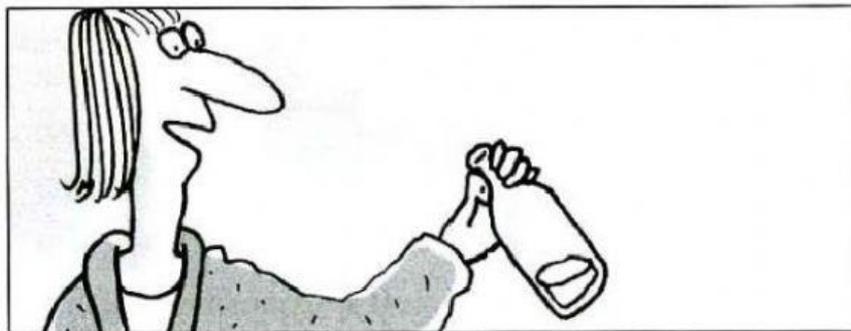
- 1 The car stopped because there was no gas in the tank.
- 2 I think you spend \_\_\_\_\_ time on your computer: it's bad for your eyes.

- 3 There were \_\_\_\_\_ salespeople and we had to wait a long time to be served.
- 4 Don't worry! You have \_\_\_\_\_ time to finish the test – more than an hour.
- 5 You're driving \_\_\_\_\_ fast. Please slow down.
- 6 There weren't \_\_\_\_\_ people in class yesterday. Only five turned up.

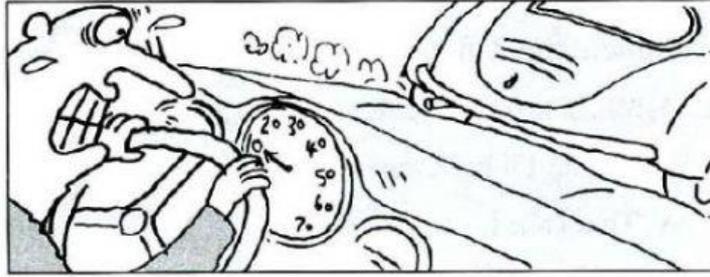
c Complete each pair of sentences so that they have the same meaning. Sometimes more than one expression is possible.



- 1 There were too few people at the party.  
There were n't enough people at the party.

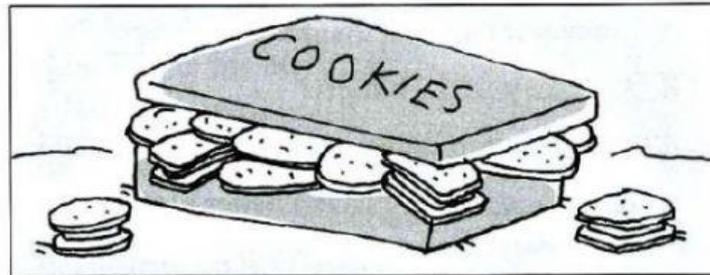


- 2 I only have \_\_\_\_\_ milk left.  
I don't have \_\_\_\_\_ milk left.



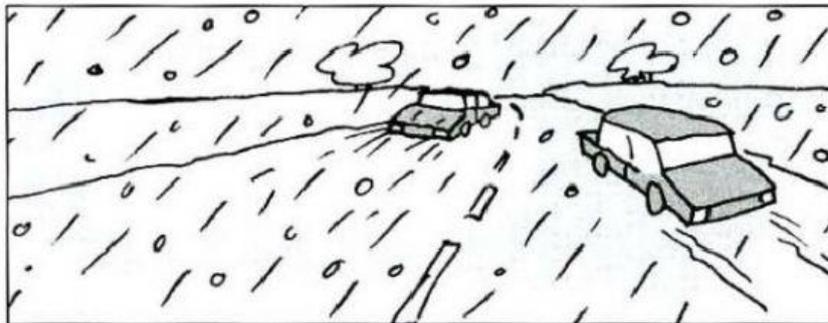
3 He has \_\_\_\_\_ patience with slow drivers.

He doesn't have \_\_\_\_\_ patience with slow drivers.



4 There are \_\_\_\_\_ cookies in the box.

The box isn't \_\_\_\_\_ for all the cookies.



5 There were very \_\_\_\_\_ cars on the road because of the bad weather.

There weren't \_\_\_\_\_ cars on the road because of the bad weather.



6 There is too \_\_\_\_\_ time to finish the job today.

There isn't \_\_\_\_\_ time to finish the job today.



7 He can't buy the watch. He doesn't have

\_\_\_\_\_.

He can't buy the watch. It's \_\_\_\_\_ for him.

**b** Write a word from the list next to each definition.

doughnut rough naughty cough drought

- 1 \_\_\_\_\_ /kɒf/ *verb* to send air out of your mouth with a loud noise, e.g., when you have a cold
- 2 \_\_\_\_\_ /'nɒti/ *adj* (for children) badly behaved, not doing what an adult says
- 3 \_\_\_\_\_ /draʊt/ *noun* a long time with no rain
- 4 \_\_\_\_\_ /'dəʊnʌt/ *noun* a small round cake often with a hole in the middle
- 5 \_\_\_\_\_ /rʌf/ *adj* not smooth or level (e.g., your hands after too much work)

### 3 VOCABULARY noun formation

**a** Complete the sentences with a noun formed from a verb from the list.

argue inform discuss propose predict  
imagine decide survive

- 1 The *discussion* went on for hours.
- 2 A writer needs to have a lot of \_\_\_\_\_.
- 3 There wasn't much \_\_\_\_\_ in the article.
- 4 Scientists are pessimistic about the \_\_\_\_\_ of polar bears into the 22nd century.
- 5 What's your \_\_\_\_\_ for the game tomorrow?
- 6 I had an \_\_\_\_\_ with my boss and she shouted at me.
- 7 Do we want Plan A or Plan B? We need to make a \_\_\_\_\_ now.
- 8 The city council's \_\_\_\_\_ for the new road wasn't popular.

b Complete the sentences with a noun formed from the adjectives in parentheses.

- 1 There is too much craziness on the roads these days. (crazy)
- 2 My \_\_\_\_\_ depends on having a quiet, peaceful home. (happy)
- 3 His \_\_\_\_\_ to his brother was quite amazing. (similar)
- 4 The new airport is only a \_\_\_\_\_. The planners haven't made a final decision. (possible)
- 5 Only a small \_\_\_\_\_ of people oppose the plan. (minor)
- 6 She showed great \_\_\_\_\_ during the training course. (able)

#### 4 READING

a Look at the text below. Based on the title of the book, what do you think the book is about?

- 1 How to lose weight quickly
- 2 How to cook interesting dishes
- 3 How to live more healthily

b Read the text and check your answer.



**Books** Readers' comments Your account

***The Slow Down Diet: Eating for Pleasure, Energy, and Weight Loss***

*by Marc David*

Our modern culture is very interested in doing as much as possible in the least amount of time. As a result, most people **rush** through life at a speed that makes a healthy lifestyle impossible. We eat fast, on the run, and often under stress. As a result, we not only lose most of the pleasure we might get from our food, but we also **damage** our health. Many of us come to the end of the day feeling depressed and overweight.

In *The Slow Down Diet*, Marc David presents a new way to understand our relationship with food, encouraging us to look for quality ingredients and to take pleasure in eating. He presents an eight-week program that allows readers to **analyze** their own connection to food, helping them get rid of old habits and any guilt they may have. He explains the disadvantages of all “quick-fix” diets and tells the truth about common **myths**, such as “the right way to lose weight is to eat less and exercise more.” Instead, he shows us **strategies** that help both the body and **soul**, proving that a full enjoyment of each meal is the best way to a healthy body.

c Answer the questions.

- 1 Why is a healthy lifestyle difficult for many people?
- 2 Do many people really enjoy their food?
- 3 How do many people feel at the end of the day?
- 4 How does Marc David want us to change our relationship with food?
- 5 How long does the program last?
- 6 Does Marc David believe in strict diets?
- 7 What does the book say will happen if we really enjoy our meals?

## More Words to Learn

Write translations and try to remember the words.

Word	Pronunciation	Translation
<u>balance</u> <i>noun</i>	/'bæləns/	
<u>flavor</u> <i>noun</i>	/'fleivər/	
<u>global</u> <i>adjective</i>	/'gləʊbl/	
<u>organic</u> <i>adjective</i>	/ɔr'gænik/	
<u>tragic</u> <i>adjective</i>	/'trædʒɪk/	
<u>aim</u> <i>verb</i>	/eɪm/	
<u>encourage</u> <i>verb</i>	/ɪn'kærɪdʒ/	
<u>increase</u> <i>verb</i>	/ɪn'kriːs/	
<u>reduce</u> <i>verb</i>	/rɪ'dus/	
<u>protect</u> <i>verb</i>	/prə'tekt/	