

**Choose the correct answer.**

1. I need some *advice/ advices* on buying a house - I've never bought one before.
2. This type of bear has been declared an endangered *specy /species*.
3. I saw some *deer / deers* grazing in the field and took a picture.
4. I heard *strange / a strange* noise next door.
5. *Equipment /Equipments* which is used by dentists should be kept clean.
6. Could you get me *a paper /some paper* from the newsagent's, please?
7. Students cannot leave class without *permission /permissions*.
8. I saw *an advertisement /some advertisement* for the car in a newspaper.
9. You'll find all the *tool /tools* you need in the garden shed.
10. *Hamlet* is one of Shakespeare's finest *work /works*.
11. There *isn't enough room /aren't enough rooms* for all those bags in my car.

## **Mediterranean diet**

If you want *a / some* good advice on what to eat in order to enjoy *good health / a good health*, why not try a Mediterranean diet? Those who live in the Mediterranean have among the highest life expectancies in the world, so they are in a good position to give us *information / informations* about a healthy diet. The Med diet dictates that you eat *much / plenty of* vegetables and use *olive oil / an olive oil* regularly in cooking and in salads. Other characteristics of this particular diet are dairy products (mainly *cheese / a cheese* and yoghurt), some *fish / fishes* and chicken (but not too *much / many*), up to four eggs a week, only *a few / a little* red meat and *a few / a little* glasses of wine a week.

But how typical is this diet of what people actually eat in these countries?

Many begin the day with coffee, though in some countries a lot of orange *juice is / juices are* also consumed in the morning. Some will have a *pile / piece* of cheese and a *slice / tube* of bread. Pies are popular breakfast snacks in Greece and they are usually made with *cheese / cheeses*. However, in order to maintain *healthy diet / a healthy diet*, it is advisable not to eat more than a couple of cheese pies a week.