

I've been on a diet for two weeks,
and all I've lost is fourteen days.
Totie Fields, American actress

G quantifiers, too, (not) enough V health and the body P N

1 VOCABULARY health and the body

a Order the letters to make words that complete the sentences.

- 1 A dentist looks after your (tteeoh) teeth.
- 2 Exercise helps to keep your (esslcum) strong.
- 3 Doing exercise every day can cut the risk of a (earth) heart attack.
- 4 Drinking a lot of alcohol is bad for your (viler) liver.
- 5 You can lose a lot of (dobol) blood if you cut your hand badly.
- 6 If you have a skiing accident, you can easily break a (nobe) bone.

b Complete the sentences with a word from a. Use plurals where necessary.

FASCINATING FACTS

1 Most parts of your body can repair themselves, but your teeth can't.



2 Your liver cleans your body of alcohol and caffeine.



3 The muscles in your legs are very strong.



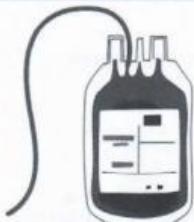
4 You use 17 muscles in your face when you smile.



5 In an average lifetime, your heart beats 2.5 billion times.



6 There are about 5 litres of blood in an adult body.



2 GRAMMAR quantifiers, too, (not) enough

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

- 1 Max is quite overweight because he eats a lot of chocolate.
- 2 Excuse me! Can I ask you questions about your diet?
- 3 How pieces of fruit do you eat a day?
- 4 How sugar do you have in your coffee?
- 5 Could I have more tea, please?
- 6 I watch TV – usually four or five hours a day.
- 7 sunshine is good for you, but no more than 15 minutes a day.
- 8 I only drink cups of coffee a day – maybe two or three.

b Match 1–6 to a–f to make sentences.

- 1 The problem with your diet is that you eat c.
- 2 You're probably having problems sleeping because you drink .
- 3 If you want to lose weight, make sure you do .
- 4 I don't like the gym because there are .
- 5 I know I need to do more exercise, but when I finish work, I'm just .
- 6 Jason's dad had a heart attack, but luckily they got to the hospital .

- a too tired.
- b early enough.
- c too much sugar.
- d too much coffee late at night.
- e enough exercise.
- f too many people and not enough machines.

c Rewrite the sentences with the words in brackets.

- 1 You need to do more exercise. (enough)
You don't do enough exercise.
- 2 You need to drink less beer. (too much)
You drink .
- 3 You go to bed too late. (early enough)
You don't .
- 4 Are you getting all the sleep that you need? (enough)
Are you getting ?
- 5 You need to stop eating all those biscuits – they're bad for your teeth. (too many)
You eat .
- 6 I think my diet includes the right amount of fruit and vegetables. (enough)
I think I eat .

3 PRONUNCIATION /ʌ/

a Tick (✓) the word that has an /ʌ/ sound.

1 cut	✓	put	<input type="checkbox"/>
2 muscle	<input type="checkbox"/>	cute	<input type="checkbox"/>
3 through	<input type="checkbox"/>	enough	<input type="checkbox"/>
4 food	<input type="checkbox"/>	blood	<input type="checkbox"/>
5 none	<input type="checkbox"/>	bone	<input type="checkbox"/>

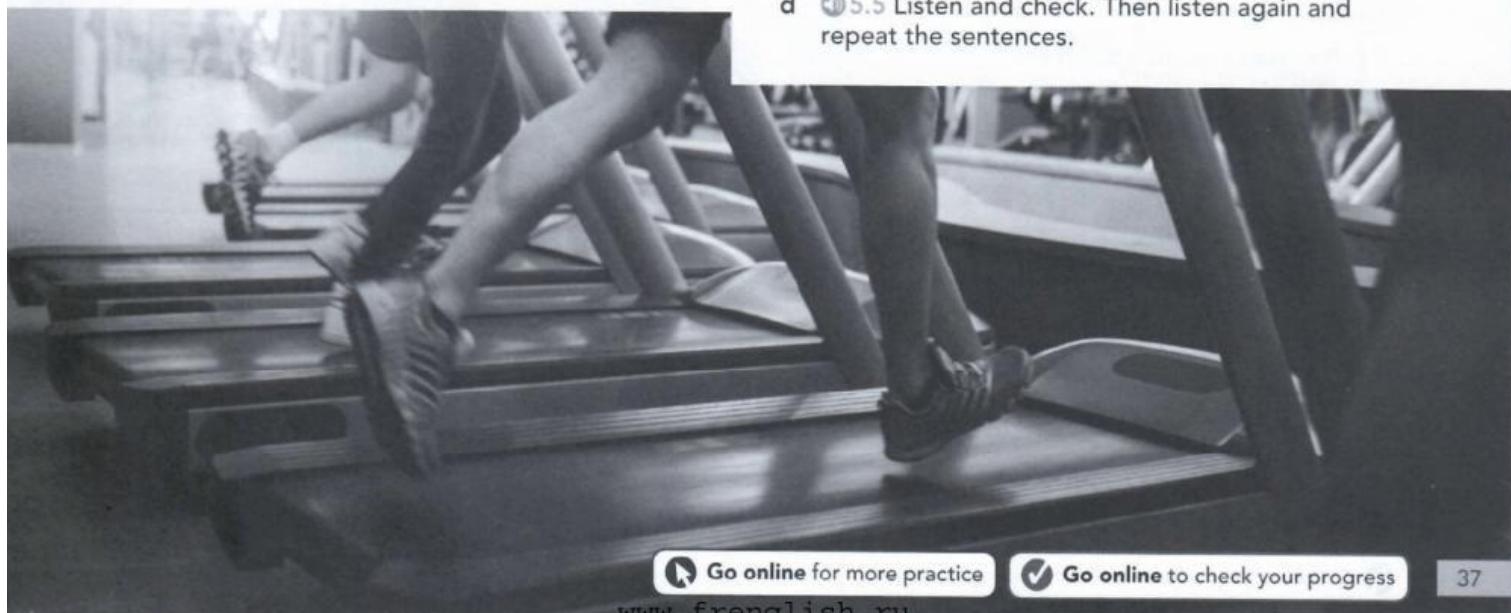


b 5.4 Listen and check. Then listen again and repeat the words.

c Circle the TWO **bold** letters in each sentence that have an /ʌ/ sound.

- 1 Did it hurt when you **cut** **your** **thu**mb?
- 2 Being in hospital **wasn**'t **much** **fun**.
- 3 I like to give **blood** every **few** **months**.
- 4 We all need to **get** **enough** **sun**.
- 5 I don't really **do** **much** **run**ning.

d 5.5 Listen and check. Then listen again and repeat the sentences.



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