5C How much is enough?

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 /ʌ/

1 VOCABULARY health and the body

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

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

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 _____ can't.



2 Your _____ cleans your body of alcohol and caffeine.



3 The _____ in your legs are very strong.



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



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



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



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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.

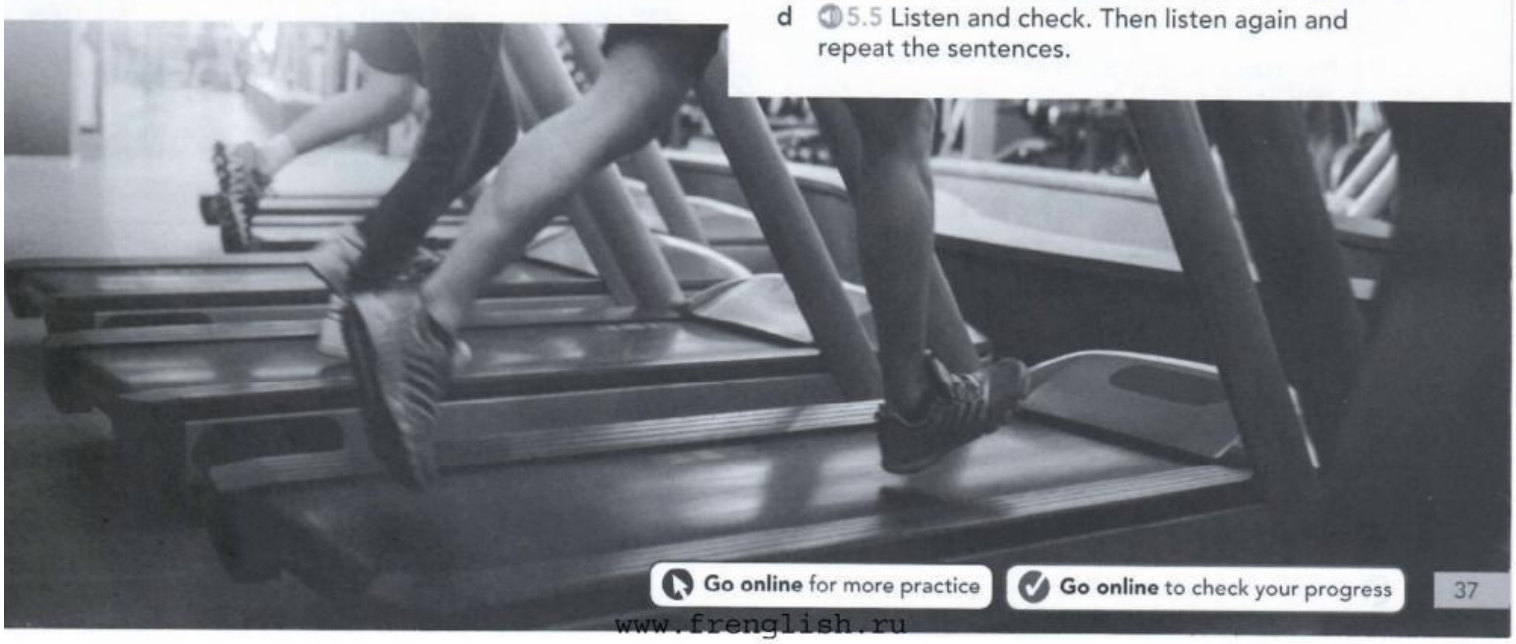
1	cut	✓	put	
2	muscle		cute	
3	through		enough	
4	food		blood	
5	none		bone	

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 c**u**t y**ou**r th**u**mb?
2 Being in hospital w**a**sn't m**u**ch f**u**n.
3 I like to give bl**oo**d every few m**o**nths.
4 We all need to g**e**t en**ou**gh s**u**n.
5 I don't really d**o** m**u**ch r**u**nning.

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



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