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 f**e**w 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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LIVEWORKSHEETS