

Name _____ Class _____ Date _____

1 Underline and correct the mistakes in each sentence.

- You shouldn't to get stressed. Try to be more positive. _____
- She really ought think about healthy nutrition when she cooks. _____
- It isn't enough hot to go to the beach and I don't like swimming in cold water. _____
- This cereal is unhealthy as there are too much calories in it and it is full of sugar. _____
- I only want a few ice cream, please: I'm on a diet and trying to lose weight. _____

2 Look at Eva's fitness diary. Write sentences about her routine using *too many*, *too much*, or *(not) enough*. Then give her advice using *should*, *shouldn't*, or *ought to*.

	Recommended	Eva
1 calories	2,000	2,800
2 fiber	30 g	30 g
3 fat	70 g	100 g
4 running	1 hour	2 hours
5 water	2 liters	1 liter
6 sleep	7-9 hours	7 hours

- She eats _____. She should _____.
- She eats _____.
- She eats _____. She _____.
- She _____. She _____.
- She _____.
She _____.
- She _____.

3 Look at the fitness diary in Exercise 2. Write six sentences about your own routine and write what you should change.

- _____
- _____
- _____
- _____
- _____
- _____

4 Complete the conversation with the correct form of the words in parentheses.

MANUEL Hi, Dr López. I think I'm sick.

DR. LÓPEZ Let's see. ¹_____ (eat / enough / vegetables)?

MANUEL No, I don't. I only eat them once a week.

DR. LÓPEZ Oh! You should eat them every day! ²_____ (do / enough / exercise)?

MANUEL Yes. I do about one hour a day.

DR. LÓPEZ OK. ³_____ (get / enough / sleep)?

MANUEL Yes, I sleep about ten hours a night.

DR. LÓPEZ Ah! ⁴_____ (too / much)!

MANUEL Oh, how much ⁵_____ (sleep / should / get)?

DR. LÓPEZ Seven to nine hours.

5 Complete the text with the words in the box.



a few a little enough (x2) many much
ought should shouldn't too

Every summer there is a popular marathon race in my town. At the beginning of the race, there are too ¹_____ people running together and there isn't ²_____ space in the streets, but every kilometer ³_____ runners leave the race. Some say that is because it's ⁴_____ hot and others say there is too ⁵_____ competition to win! They also say the council ⁶_____ to make the prize money bigger, but I think it's big ⁷_____. The race is just for fun, so they ⁸_____ think of it in that way. My family says I ⁹_____ enter it, but I'm too lazy and I only have ¹⁰_____ energy, which I use to watch and cheer on the winners!