

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.