G quantifiers, *too, not enough*
V health and the body
P /ʌ/, /u/, /aɪ/, and /ɛ/

5C How much is too much?

I watch too much TV.

I don't spend enough time in the sun.

1 SPEAKING

a With a partner, answer the questions below.

DIET & LIFESTYLE QUESTIONNAIRE

1 Do you drink coffee? How many cups do you drink a day? What kind of coffee? What time do you drink your last cup of the day?

2 How much time do you spend a day in the sun...?
a in the winter
b in the summer
c when you're on vacation
Do you always wear sunscreen?

3 Do you play a lot of video or computer games? What are your favorite games? How much time do you spend a week playing them?

4 How often do you eat chocolate? What kind of chocolate do you prefer – milk, white, or dark?

5 How many hours a day do you watch TV...?
a during the week
b on weekends
What kinds of TV shows do you watch regularly?

b Do you think any of your habits are unhealthy?

2 READING & LISTENING

a Read the article once. Does it change what you think about your answers to the questionnaire?

b Read the article again. Look at the highlighted words related to health and the body. Match them to a picture or definition.

1 _____
2 _____
3 _____

4 *noun* it covers the outside of a person's body
5 *verb* to stop something from happening
6 *noun* something that makes you unwell
7 *adj* feeling worried or nervous

Everything **BAD** is **GOOD** for you

COFFEE We all know that a cup of coffee helps to wake you up in the morning, but several studies show that drinking coffee helps to prevent some illnesses like diabetes and Parkinson's disease. Experts say that you can safely drink three cups of espresso during the day, but if you drink too much coffee it can make you feel anxious or keep you awake at night.

SUNLIGHT Spending a long time in the sun is dangerous and can give you skin cancer. But on the other hand, not spending enough time in the sun is also bad for you because sunlight helps us to produce vitamin D. This vitamin is important for strong bones and a healthy immune system, and it also makes people feel happier. Nowadays, many people don't get enough sunlight because they wear sunscreen all the time, especially on their faces. However, don't spend too long in the sun – 15 minutes a day without sunscreen is a healthy amount, and not at midday.

COMPUTER GAMES You probably worry about how much time you or your children waste playing computer games. But in fact some studies show that these games can help us learn important skills. It seems that computer games stimulate the brain and that people who often play them are probably better at solving problems and making quick decisions. But don't spend too many hours in front of the computer – not more than about two hours a day.

LIVEWORKSHEETS

c (2.50)) Listen and check. Practice saying the words.

d Now cover the text. Can you remember…?

1 what is good about coffee, sunlight, and computer games
2 what you need to be careful about

e (2.51)) With a partner, decide in what ways you think chocolate and watching TV could be good for you. Listen to a radio program and check your answers.

f Listen again. Answer the questions.

1 What does chocolate have in common with grape juice?
2 What kind of chocolate is a) good for you b) not good for you?
3 How are TV series different from the ones 20 years ago? Why is this good for us?
4 What can we learn from reality TV shows?

g Do the article and the radio program make you feel happier about your lifestyle?

3 GRAMMAR quantifiers, *too, not enough*

a Can you remember how to use *much, many*, etc? In pairs, choose the correct word or phrase for each sentence. Say why the other one is wrong.

1 How *much | many* cups of coffee do you drink a day?
2 I don't spend *much | many* time in the sun.
3 I eat *a lot of | many* chocolate.
4 Drinking *a few | a little* grape juice can be good for you.
5 I only have *a few | a little* computer games.
6 My parents read *a lot | a lot of.*

b Look at some sentences from the reading and listening. Match the **bold** phrases in 1 and 2 to meanings **A** and **B**.

1 Don't eat **too much** chocolate or **too many** sugary snacks if you don't want to gain weight.
Don't spend **too** long in the sun.
2 Nowadays, many people **don't** get **enough** sunlight.
We are **not** active **enough**.

A less than you need or than is good for you
B more than you need or than is good for you

c Look again at the sentences with *enough*. What's the position of *enough* a) with a noun b) with an adjective?

d ➤ p.134 Grammar Bank 5C. Learn more about quantifiers, *too*, and *not enough* and practice them.

4 PRONUNCIATION & SPEAKING

/ʌ/, /u/, /aɪ/, and /ɛ/

a Cross out the word with a different pronunciation.

ʌ	up	enough much none busy
u	boot	few should too food
aɪ	bike	try diet little like
ɛ	egg	many any healthy water

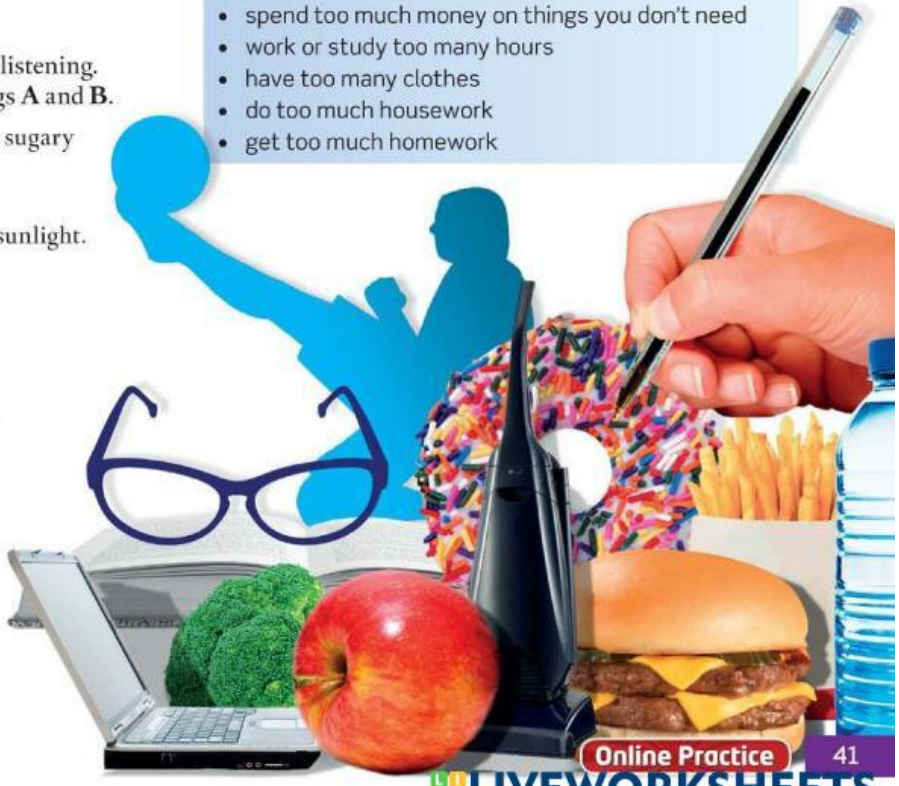
b (2.54)) Listen and check. Practice saying the words.

c Ask and answer the questions with a partner. Say why.

Do you think you read enough? — *Not really. I only read school textbooks, not for pleasure.*

Do you think you…?

- read enough
- eat enough fruit and vegetables
- play enough sports or exercise enough
- drink enough water
- have enough free time
- eat too much fast food
- spend too much time online
- spend too much money on things you don't need
- work or study too many hours
- have too many clothes
- do too much housework
- get too much homework



LIVEWORKSHEETS