

Name _____ Class _____ Date _____

QUIZ: HEALTHY OR NOT?

- 1 Watch the video up to 01:36. Circle the correct options.
- Dora is doing a quiz about healthy food / habits.
 - According to the quiz, she *is* / *isn't* getting enough sleep.
 - She thinks most people need *eight* / *ten* glasses of water a day.
 - The quiz says that people who *are* / *aren't* active don't need much water.
 - She thinks that you need to exercise *three* / *five* times a week.
 - The quiz says you need to work out *once a week* / *every day*.

- 2 Look at the phrases in the box. How do you say them in your language? Use the phrases to complete the conversations.

Why don't we ... Oh, no
... right OK, then

- It's good to exercise every day, _____?
- A Let's go and play football. B _____.
- A I left my homework at home!
B _____!
- A _____ go out for ice cream?
B That's a great idea!

- 3 Watch the video from 01:36 to the end. Match 1-6 with a-f to make rules.

- We use *too*
 - We use *many*
 - We use *much*
 - We use *enough*
 - A few means
 - A little means
- a with countable nouns.
b to talk about necessary amounts.
c to say that something is more than needed.
d "some but not much."
e "some but not many."
f with uncountable nouns.

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- 4 Circle the correct options.

- It's cold. Is your coat *warm enough* / *too warm*?
- I'm hungry. Could I have *a little* / *a few* cookies?
- They don't have *enough* / *many* people for a team.
- We have *too much* / *many* homework every day.
- Could you put *a little* / *a few* honey in my tea?
- I don't have *enough time* / *time enough* to work out.

- 5 Complete the sentences with the words in the box.



a few a little enough (x 2)
too many too much

- You need to do _____ exercise every day.
- Most people don't drink _____ water.
- The train was really crowded. There were _____ people on it.
- Are you tall _____ to join the basketball team?
- I need a new laptop, but it costs _____ money.
- We need to win _____ tennis matches to get to the final.

- 6 Circle the correct options.

- Please close the window. It's ... in here.
a too cold b much cold c enough cold
- Susan got depressed because she wasn't getting ...
a sleep enough c enough sleep
b a little sleep
- Hurry up! The train leaves in ... minutes.
a a few b a little c too many
- The field is ... for us to play football.
a enough big b many big c big enough
- Everyone needs ... time to relax.
a a few b a little c much