

5 LANGUAGE FOCUS • Countable and uncountable nouns • some, any, much, many and a lot of

1 ★ Write C (countable) or U (uncountable).

- milk U
 1 rice U
 2 sandwich C
 3 apple juice U
 4 vegetable C
 5 cheese U
 6 grape C
 7 burger C
 8 meat U
 9 pear C
 10 yoghurt U

2 ★ Complete the table with the given words.

any ~~a lot of~~ many much
 some any some a lot of

Affirmative

Countable

There are
 a lot of
 apples.



There are
 2 some
 apples.



Uncountable

There's
 1 a lot of
 water.



There's
 3 some
 water.



Negative

Countable

There aren't
 4 many
 apples.



There aren't
 6 any
 apples.



Uncountable

There isn't
 5 much
 water.



There isn't
 7 any
 water.



3 ★★ Complete the questions with *How much* or *How many*. Make the word plural if necessary.

- How many apples does he eat every week?
 How much juice do you drink?
 1 How many burger s do you eat?
 2 How much cheese is there on the pizza?
 3 How many nut s are there in the bag?
 4 How much white rice do they usually eat?
 5 How many sandwich es have you got?
 6 How much milk does she drink?
 7 How much bread have they got in the shop?
 8 How many egg s are there on the table?

4 ★★ Look at the table. What do Laura and Toby eat? Complete the sentences with *some*, *any*, *much*, *many* and *a lot of*.

	Fruit	Vegetables	Meat	Sweets	Water
Laura	***	***	—	**	*
Toby	**	*	***	—	**

Laura eats a lot of fruit every day.

Toby eats some fruit.

1 Laura eats a lot of vegetables in her diet.

2 Toby doesn't have many vegetables with his meals. He prefers noodles.

3 Laura never eats any meat. She's a vegetarian. She often eats beans.

4 Toby eats a lot of meat every day.

5 Laura has some sweets. She likes chocolate.

6 Toby doesn't eat any sweets at all.

7 Laura doesn't drink much water. She prefers juice or milk.

8 Toby drinks some water with every meal.

5 ★★ Look back at the table in exercise 4. Complete the table for you and a friend. Write sentences with *some*, *any*, *much*, *many* and *a lot of*.

	Crisps	Juice		
Me				
My friend				

I eat a lot of crisps. I love them.

My friend Minh never eats any crisps. He doesn't like them.

- 1 ★ Look at the pictures. Complete the words.



I'm OK today, but my sister is very tired.



1 Julie is very active, but her sister is lazy.



2 Oscar is unfit, but his dad is very fit.



3 Ollie eats healthy food, but Martin eats unhealthy food.



4 Murat is well, but his brother is ill today.



5 Katy is hungry, but Billy is thirsty!

- 2 ★★ Complete the dialogues with the given words.

active fit lazy healthy hungry
ill thirsty tired unfit

'Is your grandfather very active?' 'Yes, he goes out for a walk every day.'

1 'Look, Paul is sitting down.' 'Is he tired after the game of football?' 'Yes, he is.'

2 'Can you run up this mountain with me?' 'No! I'm very unfit because I never do any exercise.'

3 'Do you want a drink?' 'Yes, please. I'm very thirsty.'

4 'Fatma isn't at school.' 'Is she ill?' 'Yes, she is.'

5 'Is this drink healthy?' 'No, it's very bad for you.'

6 'My brother never helps with the housework!' 'Is he always lazy at home?' 'Yes, he is.'

7 'I'm really hungry!' 'It's OK. I can make you a sandwich.'

8 'Is Sifa fit?' 'Yes, she swims and plays basketball every week.'

- 3 ★★ 06 Listen to Poppy and Ben answer the quiz. Write P next to Poppy's answers and B next to Ben's answers.

How healthy are you?

- 1 It's a hot day and you're thirsty. What do you drink?
a P Some water
b A very cold fizzy drink
c Some juice, like apple or grape juice
- 2 It's 11 a.m. and you're hungry. What do you eat?
a A healthy snack – maybe an apple or a pear
b A lot of crisps or some chocolate
c A small sandwich
- 3 It's 9.30 on Saturday morning. What are you doing?
a I'm walking into town. I'm always active.
b I'm in bed. I'm quite lazy sometimes.
c I'm playing basketball. I'm really fit!

- 4 ★★ 06 Listen again and write True or False.

- Poppy sometimes has fizzy drinks. False
1 Ben doesn't drink much water.
2 Poppy has school dinners.
3 Ben can have chocolate or crisps at school.
4 Poppy sometimes plays basketball after school.
5 Poppy is very fit.
6 Ben gets up at 10.30.

- 5 ★★ Complete the sentences.

When I'm ill, I sometimes go to the doctor.
I'm unfit because I don't do any exercise.

- 1 I'm fit / unfit because I
2 When I'm hungry, I
3 When I'm thirsty, I
4 If I'm tired, I
5 I eat healthy food like
6 I sometimes eat unhealthy food such as