

## UNIT 5: FOOD AND HEALTH

### LANGUAGE FOCUS – COUNTABLE AND UNCOUNTABLE NOUN

### SOME / A LOT OF / MUCH / MANY / ANY

#### I. COUNTABLE AND UNCOUNTABLE NOUN

##### 1. Countable noun

Ex: a sweet – sweets, an apple – apples, a nut – nuts,...

There is + a/an + N<sub>singular</sub>

There are + N<sub>plural</sub> Ex:

There is an apple on the table.

There are some nuts in my bag.

**Note:** Some nouns have only plural form.

Ex: vegetables, noodles, ...

##### 2. Uncountable noun

Ex: bread, rice, pasta, water, juice, ...

There is + N<sub>uncountable</sub>

Ex: There is some rice in the bowl.

#### II. SOME / A LOT OF / MUCH / MANY / ANY

##### 1. Affirmative clause

There is + some / a lot of + N<sub>uncountable</sub>

There are + some / a lot of + N<sub>plural</sub>

Ex: There is some water in the bottle.

There are a lot of nuts in my fridge.

**Note:** There is a lot of meat.

There ~~is~~ are a lot of vegetables.

##### 2. Negative clause

There isn't + any / much + N<sub>uncountable</sub>

There aren't + any / many + N<sub>plural</sub>

Ex: There isn't any pasta for lunch.

There aren't many apples in the bag.

##### 3. Question

Is there + any / much + N<sub>uncountable</sub> ? Are  
there + any / many + N<sub>plural</sub> ?

Ex: Is there much juice for breakfast?

Are there any vegetables in the soup?

## 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 .....        | 6 grape .....    |
| 2 sandwich .....    | 7 burger .....   |
| 3 apple juice ..... | 8 meat .....     |
| 4 vegetable .....   | 9 pear .....     |
| 5 cheese .....      | 10 yoghurt ..... |

2 ★ Complete the table with the given words.

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

Affirmative	
<b>Countable</b> There are <u>a lot of</u> apples. 	<b>Uncountable</b> There's <u>1</u> water. 
There are <u>2</u> apples. 	There's <u>3</u> water. 
Negative	
<b>Countable</b> There aren't <u>4</u> apples. 	<b>Uncountable</b> There isn't <u>5</u> water. 
There aren't <u>6</u> apples. 	There isn't <u>7</u> 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?
- ..... burger do you eat?
  - ..... cheese is there on the pizza?
  - ..... nut are there in the bag?
  - ..... white rice do they usually eat?
  - ..... sandwich have you got?
  - ..... milk does she drink?
  - ..... bread have they got in the shop?
  - ..... egg 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.

- Laura eats ..... vegetables in her diet.
- Toby doesn't have ..... vegetables with his meals. He prefers noodles.
- Laura never eats ..... meat. She's a vegetarian. She often eats beans.
- Toby eats ..... meat every day.
- Laura has ..... sweets. She likes chocolate.
- Toby doesn't eat ..... sweets at all.
- Laura doesn't drink ..... water. She prefers juice or milk.
- Toby drinks ..... 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.

## UNIT 5: FOOD AND HEALTH

### VOCABULARY AND LISTENING

#### I. VOCABULARY:

Adjectives about health:

1. hungry (adj): đói ≠ full (adj): no
2. thirsty (adj): khát
3. ill (adj): bị bệnh ≠ well (adj): khỏe
5. tired (adj): mệt mỏi
6. lazy (adj): lười ≠ active (adj): năng động
7. fit (adj): khỏe mạnh ≠ unfit (adj): yếu
8. normal (adj): bình thường
9. healthy (adj): khỏe ≠ unhealthy (adj): yếu [Exercise](#)

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active	unhealthy	unfit	well	hungry	fit
full	tired	lazy	healthy	##	

You go to the hospital if you're *ill*.

1. A / An ..... person does a lot of activities.
2. When you're ....., you want to eat. 3  
Good food and good habits are .....
4. A / An ..... person exercises a lot.
5. When you don't sleep, you're .....

*Key:*

1. *active*
2. *hungry*
3. *healthy*
4. *fit*
5. *tired*

## 5 VOCABULARY AND LISTENING • Adjectives: Health

1 ★ Look at the pictures. Complete the words.



I'm OK today, but my sister is very t i r e d.



1 Julie is very a \_\_\_\_\_, but her sister is l \_\_\_\_\_.



2 Oscar is u \_\_\_\_\_, but his dad is very f \_\_\_\_\_.



3 Ollie eats h \_\_\_\_\_ food, but Martin eats u \_\_\_\_\_ food.



4 Murat is w \_\_\_\_\_, but his brother is i \_\_\_\_\_ today.



5 Katy is h \_\_\_\_\_, but Billy is t \_\_\_\_\_!

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 \_\_\_\_\_ after the game of football?'

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

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

4 'Fatma isn't at school.' 'Is she \_\_\_\_\_?'

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

6 'My brother never helps with the housework!' 'Is he always \_\_\_\_\_ at home?'

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

8 'Is Sifa \_\_\_\_\_?' '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?

- 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
- 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
- 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
- Ben doesn't drink much water. \_\_\_\_\_
  - Poppy has school dinners. \_\_\_\_\_
  - Ben can have chocolate or crisps at school. \_\_\_\_\_
  - Poppy sometimes plays basketball after school. \_\_\_\_\_
  - Poppy is very fit. \_\_\_\_\_
  - 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.

- I'm fit / unfit because I \_\_\_\_\_
- When I'm hungry, I \_\_\_\_\_
- When I'm thirsty, I \_\_\_\_\_
- If I'm tired, I \_\_\_\_\_
- I eat healthy food like \_\_\_\_\_
- I sometimes eat unhealthy food such as \_\_\_\_\_