

Footsteps 2 GRAMMAR PRACTICE – UNIT 5 ANSWER KEY

IMPERATIVES

Read the sentences and choose the correct imperative form.

- 0 **Go / Don't go** to bed late.
- 1 **Plant / Don't plant** a tree.
- 2 **Slurp / Don't slurp** soup or drinks.
- 3 **Chew / Don't chew** gum in class.
- 4 **Eat / Don't eat** a lot of fruit and vegetables. It's good for your health.
- 5 **Drink / Don't drink** at least eight glasses of water a day.
- 6 **Talk / Don't talk** during the lesson.

2 Use the verbs in brackets and write the imperatives.

- 0 **Don't swim** (not swim) in this lake.
- 1 **Turn off** (turn off) the lights when you aren't in the room.
- 2 **Don't add** (not add) too much salt or pepper to your food.
- 3 **Be** (be) active if you want to get fit.
- 4 **Grate** (grate) the cheese in a bowl.
- 5 **Don't forget** (not forget) your homework.
- 6 **Don't use** (not use) plastic bags when you do shopping.

3 Use the verb in brackets and write the imperatives.

have	-	cut down	-	avoid	-	not skip	-	sleep	-	not stay up	-	not forget	-	eat
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Everybody wants to stay healthy and fit, but it seems to be so difficult. Where should you start from? Well, start with your diet. **Eat** plenty of fruit and vegetables. They contain a lot of vitamins and minerals which are good for your skin and body. **Cut down** on sugar and fast food. They are delicious, but they aren't good for your health. If you have a sweet tooth and you just can't go without sugar, **have** an apple or some other type of fruit for dessert. **Don't forget** to drink plenty of water and **avoid** drinking fizzy or sugary drinks. Sleep is also very important for your health. **Don't skip** breakfast because it's the most important meal of the day. **Don't stay up** late every night and **sleep** at least eight hours per night.

COUNTABLE AND UNCOUNTABLE NOUNS

4 Are the nouns countable (C) or uncountable (UC)? Underline the correct letter(s).

0 egg	<u>C</u>	UC	5 time	C	<u>UC</u>	10 mouse	<u>C</u>	UC
1 woman	<u>C</u>	UC	6 biscuit	<u>C</u>	UC	11 money	C	<u>UC</u>
2 rice	C	<u>UC</u>	7 glass	<u>C</u>	UC	12 hour	<u>C</u>	UC
3 sandwich	<u>C</u>	UC	8 cheese	C	<u>UC</u>	13 pear	<u>C</u>	UC
4 work	C	<u>UC</u>	9 water	C	<u>UC</u>	14 fish	C	<u>UC</u>

5 Are the nouns in bold countable or uncountable? Write C or UC on the line.

- 0 I often eat **meat** for lunch. UC
- 1 My mum is a **cook**. C
- 2 I drink tea with **honey** in the morning. UC
- 3 Do you want a **glass** of juice? C
- 4 I don't like **chocolate**. UC
- 5 I'd like some **grilled chicken**. UC
- 6 This **orange** is juicy. C
- 7 I need to write something down. Do you have some **paper**? UC
- 8 There are two unknown **men** in front of the house. C

QUANTIFIERS

6 Fill in the gaps with MUCH or MANY.

- 0 How much sugar do you need?
- 1 How much money do you earn?
- 2 How many people in the park today?
- 3 How much pasta have we got left?
- 4 How much time does it take you to get to school?
- 5 How many hours do you sleep per night?
- 6 How much milk in the bottle?
- 7 How much food did she prepare?
- 8 How many books did you read last summer

7 Fill in the gaps with IS or ARE.

- 0 Information that he gives me is always useful.
- 1 There are some eggs in the fridge, but there is no flour left.
- 2 My mum's advice is really helpful.
- 3 Is there any butter?
- 4 There are a lot of people in the street.
- 5 There is a lot of cheese on the pizza.
- 6 Too much salt is bad for your health.
- 7 Oranges are high in vitamin C.
- 8 There are some biscuits in the cupboard.

8 Fill in the gaps with MUCH, MANY, SOME, ANY or A LOT.

- 0 How many people were there at your birthday party?
- 1 Tina doesn't eat any meat, but she eats a lot of vegetables.
- 2 A: Mum, can you make us pancakes?
B: Let me check if we have all the ingredients. There are some eggs and there is a lot of flour. There isn't any milk, though. I need some sugar, too. Let's go to the supermarket and then I'll make us a lot of delicious pancakes.
- 3 I ate too many candies. I feel ill.
- 4 How much salt do you put on your food?
- 5 I spent a lot of time doing my homework.
- 6 I'm so thirsty. Is there any water in the fridge?
- 7 There are too many students in the library.
- 8 I season my salad with some salt and pepper. I don't add any oil to it, but I add a lot of of lemon juice.

9 Fill in the gaps with the words from the box.

How much - How many - a lot of - some - any

Some doctors think that teenagers eat too many unhealthy snacks. Let's find out what the teenagers Josh say about his diet.

Interviewer: Hello Josh! Welcome to our show.

Josh: Hi!

Interviewer: How many meals a day do you eat?

Josh: I usually have breakfast, lunch and dinner. I have two snacks, too.

Interviewer: What do you eat for breakfast?

Josh: I usually have some toast with butter and jam.

Interviewer: What about your lunch and dinner?

Josh: I eat a lot of vegetables and fruit. I don't eat any fish, but I like meat and we often have meat for lunch or dinner.

Interviewer: You mentioned you eat two snacks a day. Are they healthy?

Josh: Well, I think they are. I usually have **some** fruit, such as bananas or apples. I like most fruit, but I don't eat **any** oranges or grapes - I simply don't like them. From time to time I eat **some** crisps. I don't like sweets, so I don't eat **any** chocolate.

Interviewer: Do you drink fizzy drinks?

Josh: I don't like fizzy drinks. I usually drink water and lemonade.

Interviewer: **How much** water do you drink a day?

Josh: I know it's important to drink **a lot of** water, but I usually drink five to six glasses of water a day.

Mum: Hannah, can you help me? I'm doing the shopping after work tomorrow and I have to finish my shopping list. **How much** milk is there?

Hannah: There isn't **a lot of** milk – we have only one bottle left. And there isn't **any** cheese.

Mum: OK. Do we need **any** ham?

Hannah: No, we have **a lot of** ham. We don't have **any** bread.

Mum: **How many** eggs are there? And **how much** butter is there?

Hannah: There isn't **any** butter, but there are **some** eggs. Mum, we don't have **any** rice. There is **a lot of / some** pasta, though. **How much** rice do we need?

Mum: Well, I'll buy three kilos. **How many** potatoes are there?

Hannah: there are **a lot of** potatoes, so you don't have to buy them.

COMPARATIVES AND SUPERLATIVES

10 Underline the correct answer.

0 To live **longer / the longest**, eat healthy food and be active.

1 My mum is **better / the best** cook I know.

2 Pizza is **more delicious / the most delicious** than hamburgers.

3 To be active is one of **more important / the most important** advice if you want to stay fit.

4 Some people say that brown sugar is **healthier / the healthiest** than white sugar.

5 I eat **more / the most** fruit than vegetables.

6 Jenny is **younger / the youngest** than Anna.

11 Put the adjectives in brackets in the comparative or the superlative.

0 Bitter chocolate is **healthier (healthy)** than milk chocolate.

1 Apples are **are sweeter (sweet)** than lemons.

2 Paella is **the most famous (famous)** Spanish dish.

3 In my opinion, muffins are **the tastiest (tasty)** snack.

4 Eating in a restaurant is **more expensive (expensive)** than preparing food at home.

5 Do you add **more (many)** than one teaspoon of sugar to your tea?

6 Fried grasshoppers are **the most unusual (unusual)** food I've ever tried.

7 Are cooking shows **more interesting (interesting)** than fashion shows?

8 Ordering a take-away is **easier (easy)** than preparing your own meals.

9 **The best (good)** way to stay in shape is to go for a thirty-minute walk every day.

10 Calcium makes your bones **stronger (strong)**.

11 What is **the largest (large)** meal you've ever tried?

12 Strawberries are **are bigger (big)** than peas.