

IMPERATIVES

Read the sentences and choose the correct imperative form.

0 Go / **Don't go** to bed late.

4 Eat / **Don't eat** a lot of fruit and vegetables.

1 Plant / **Don't plant** a tree.

It's good for your health.

2 Slurp / **Don't slurp** soup or drinks.

5 Drink / **Don't drink** at least eight glasses of water a day.

3 Chew / **Don't chew** gum in class

6 Talk / **Don't talk** during the lesson.

2 Use the verbs in brackets and write the imperatives.

0 **Don't swim** in this lake. (not swim)

1 _____ (turn off) the lights when you aren't in the room.

2 _____ (not add) too much salt or pepper to your food.

3 _____ (be) active if you want to get fit.

4 _____ (grate) the cheese in a bowl.

5 _____ (not forget) your homework.

6 _____ (not use) plastic bags when you go shopping.

3 Use the verb in brackets and write the imperatives.

have	-	cut down	-	avoid	-	not skip	-	sleep	-	not stay up	-
						not forget	-	eat			

Everybody wants to stay healthy and fit, but it seems to be so difficult. Where should you start from? Well, start with your diet. _____ plenty of fruit and vegetables. They contain a lot of vitamins and minerals which are good for your skin and body. _____ 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, _____ an apple or some other type of fruit for dessert. _____ to drink plenty of water and _____ drinking fizzy or sugary drinks. Sleep is also very important for your health. _____ breakfast because it's the most important meal of the day. _____ late every night and _____ 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>	<u>UC</u>	5 time	<u>C</u>	<u>UC</u>	10 mouse	<u>C</u>	<u>UC</u>
1 woman	<u>C</u>	<u>UC</u>	6 biscuit	<u>C</u>	<u>UC</u>	11 money	<u>C</u>	<u>UC</u>
2 rice	<u>C</u>	<u>UC</u>	7 glass	<u>C</u>	<u>UC</u>	12 hour	<u>C</u>	<u>UC</u>
3 sandwich	<u>C</u>	<u>UC</u>	8 cheese	<u>C</u>	<u>UC</u>	13 pear	<u>C</u>	<u>UC</u>
4 work	<u>C</u>	<u>UC</u>	9 water	<u>C</u>	<u>UC</u>	14 fish	<u>C</u>	<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**. _____
- 2 I drink tea with **honey** in the morning. _____
- 3 Do you want a **glass** of juice? _____
- 4 I don't like **chocolate**. _____
- 5 I'd like some **grilled chicken**. _____
- 6 This **orange** is juicy. _____
- 7 I need to write something down. Do you have some **paper**? _____
- 8 There are two unknown **men** in front of the house. _____

QUANTIFIERS

6 Fill in the gaps with MUCH or MANY.

- 0 How much sugar do you need?
- 1 How _____ money do you earn?
- 2 How _____ people in the park today?
- 3 How _____ pasta have we got left?
- 4 How _____ time does it take you to get to school?
- 5 How _____ hours do you sleep per night?
- 6 How _____ milk in the bottle?
- 7 How _____ food did she prepare?
- 8 How _____ 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 _____ some eggs in the fridge, but there _____ no flour left.

2 My mum's advice _____ really helpful.

3 _____ there any butter?

4 There _____ a lot of people in the street.

5 There _____ a lot of cheese on the pizza.

6 Too much salt _____ bad for your health.

7 Oranges _____ high in vitamin C.

8 There _____ 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 _____ meat, but she eats _____ of vegetables.

2 A: Mum, can you make us pancakes?

B: Let me check if we have all the ingredients. There are _____ eggs and there is _____ of flour.

There isn't _____ milk, though. I need _____ sugar, too.

Let's go to the supermarket and then I'll make us _____ of delicious pancakes.

3 I ate too _____ candies. I feel ill.

4 How _____ salt do you put on your food?

5 I spent _____ of time doing my homework.

6 I'm so thirsty. Is there _____ water in the fridge?

7 There are too _____ students in the library.

8 I season my salad with _____ salt and pepper. I don't add _____ oil to it, but I add _____ 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: _____ 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 _____ toast with butter and jam.

Interviewer: What about your lunch and dinner?

Josh: I eat _____ vegetables and fruit. I don't eat _____ 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 _____ fruit, such as bananas or apples. I like most fruit, but I don't eat _____ oranges or grapes - I simply don't like them. From time to time I eat _____ crisps. I don't like sweets, so I don't eat _____ chocolate.

Interviewer: Do you drink fizzy drinks?

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

Interviewer: _____ water do you drink a day?

Josh: I know it's important to drink _____ 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.

_____ milk is there?

Hannah: There isn't _____ milk – we have only one bottle left.

And there isn't _____ cheese.

Mum: OK. Do we need _____ ham?

Hannah: No, we have _____ ham. We don't have _____ bread.

Mum: _____ eggs are there? And _____ butter is there?

Hannah: There isn't _____ butter, but there are _____ eggs.

Mum, we don't have _____ rice. There is _____ pasta, though.

_____ rice do we need?

Mum: Well, I'll buy three kilos. _____ potatoes are there?

Hannah: there are _____ 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 _____ (**sweet**) than lemons.
- 2 Paella is _____ (**famous**) Spanish dish.
- 3 In my opinion, muffins are _____ (**tasty**) snack.
- 4 Eating in a restaurant is _____ (**expensive**) than preparing food at home.
- 5 Do you add _____ (**many**) than one teaspoon of sugar to your tea?
- 6 Fried grasshoppers are _____ (**unusual**) food I've ever tried.
- 7 Are cooking shows _____ (**interesting**) than fashion shows?
- 8 Ordering a take-away is _____ (**easy**) than preparing your own meals
- 9 _____ (**good**) way to stay in shape is to go for a thirty-minute walk every day.
- 10 Calcium makes your bones _____ (**strong**).
- 11 What is _____ (**large**) meal you've ever tried?
- 12 Strawberries are _____ (**big**) than peas.

