



HEALTHY LIVING



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Expemo code:
13VX-316A-VE15



1

Interview

In pairs, interview your partner.

- How much water do you drink every day?
 - I drink a lot of water. (10+ glasses)
 - I drink quite a lot of water. (5-9 glasses)
 - I don't drink much water. (1-5 glasses)
 - I don't drink any water. (0 glasses)
- How much chocolate do you eat?
 - I eat a lot of chocolate.
 - I eat a little chocolate.
 - I don't eat any chocolate.
- How much alcohol do you drink?
 - I drink a lot of alcohol.
 - I drink a little alcohol.
 - I don't drink any alcohol.
- How many fruits and vegetables do you eat?
 - A lot.
 - Not many.
 - None.
- How much exercise do you do?
 - I do a lot of exercise. (every day)
 - I do quite a lot of exercise. (a few times a week)
 - I do a little exercise. (once a week)
 - I don't do any exercise.
- How many meals do you eat every day?
 - A few small meals.
 - A few big meals.
 - One big meal.
- How much do you sleep every night?
 - I sleep a lot. (10-12 h)
 - I sleep quite a lot. (7-9 h)
 - I don't sleep much. (4-6 h)



Now read the information below. How healthy are you and your partner?

HOW HEALTHY ARE YOU?

How healthy are you? Do you have a healthy diet? Do you exercise regularly? Do you drink at least 8 glasses of water a day? Do you get enough sleep every night?

Here are seven tips for living a healthy life.

- Drink a lot of water – Most people do not drink enough water every day. Water is very important for our body. In general, about 8-10 glasses of water a day is healthy.
- Exercise – Exercising every day can help you live a long, healthy life. Exercise is good for your heart and it can help you lose weight.
- Eat a lot of fruits and vegetables – Experts say that we must eat a lot of fruits and vegetables every day. Fruits and vegetables have important vitamins like vitamin C.
- Eat small meals – Experts say that a few small meals every day is more healthy than a few big meals. In general, eat when you feel hungry, and stop when you are full. You don't need to wait for official meal times. Listen to your body.
- Sleep – A good night's sleep is good for your memory, good for your heart, and it can help you live long and look young. But a lot of sleep is bad for your muscles. Experts recommend 8-10 hours every night.
- Eat a little chocolate – Dark chocolate is good for you. Chocolate has antioxidants, and antioxidants help keep your body clean inside. But chocolate also has sugar and caffeine in it, so a lot of chocolate is bad for you.
- Don't drink much alcohol – A lot of alcohol is bad for your body, but a little alcohol may be good for the heart.

2

Grammar - Much, Many, A lot

Study the table.

Uncountable	Full answers	Short answers
How much water do you drink every day?	I drink a lot of water. (10+ glasses) I drink quite a lot of water. (5-9 glasses) I don't drink much water. (1-4 glasses) I don't drink any water. (0 glasses)	A lot. Quite a lot. Not much. None.
Countable (plural)		
How many meals do you eat?	I eat a lot of meals. (6+) I eat quite a lot of meals. (4-5) I don't eat many meals. (1-3) I don't eat any meals. (0)	A lot. Quite a lot. Not many. None.



Now complete the questions below with 'How much' or 'How many'.

1. _____ sandwiches do you eat every week?
2. _____ ice cream do you eat every week?
3. _____ coffee do you drink?
4. _____ hours do you work every day?
5. _____ money do you spend on clothes?
6. _____ rooms are there in your home?
7. _____ time do you spend on the phone?
8. _____ friends do you have on Facebook?

In pairs, ask and answer the questions. Answer with expressions from the table on page 2.

3 A little, A few

Study the table below.

Uncountable	Full answers	Short answers
How much alcohol do you drink?	I drink a little alcohol.	A little.
Countable (plural)		
How many meals do you eat every day?	I eat a few meals.	A few.

Now complete the sentences with 'a little' or 'a few'.

1. She has _____ sugar in her tea.
2. Richard had _____ sandwiches for lunch.
3. _____ wine is good for you.
4. I have _____ time. Do you want to talk?
5. Peter can speak _____ French.
6. Carlo made _____ mistakes in his homework.
7. I'm going outside for _____ fresh air.
8. There were _____ girls at the party last night.
9. I write _____ emails every day.
10. The dog is thirsty. Give her _____ water.



4 Find out about your partner

Make sentences about your partner with 'a lot of', 'quite a lot of', 'a few', 'a little' and 'not...any'. But don't ask your partner any questions at the moment. Example: 1) My partner has a lot of friends.

- 1. have / friends
My partner
- 2. drink / tea
My partner
- 3. speak / foreign languages
My partner
- 4. read / books
My partner
- 5. spend / time at home
My partner
- 6. know / police officers
My partner
- 7. have / cousins
My partner

Now prepare questions with 'How much' or 'How many'.

- 1. How many friends do you have?
- 2. do you drink?
- 3. do you speak?
- 4. do you read?
- 5. do you spend at home?
- 6. do you know?
- 7. do you have?

Ask your partner the questions and check your answers. How many of your answers are the same?