

Talking about quantities of food

A Complete the sentences about shopping and eating habits. Use the words in the box.

a few cartons few fewer less less little loaves many

1. I don't eat _____ fruits or vegetables. I really should eat more healthy food.
2. We have a small freezer so we buy very _____ frozen meals.
3. I prefer to go shopping at the local store. I'm trying to buy _____ food from the big supermarkets than I used to.
4. My family buys about six _____ of bread a week and eight _____ of fruit juice.
5. I don't fry food anymore. It means I eat _____ calories and _____ fat. But I have to say, I like a _____ butter on my potatoes.
6. When I go out to eat, I like to try _____ different things that I don't normally eat.

too, too much, too many, and enough

A Complete the online forum conversation with *too*, *too many*, *too much*, and *enough*.

A few months ago, I completely changed my eating habits. I used to eat too much sugar, _____ processed fat, and _____ take-out meals. I also didn't eat my meals slowly _____ because I was always rushing out somewhere. My mother was always saying 'You eat _____ quickly.' or 'You're not eating _____ protein,' and as for fast food, I know I definitely ate _____. I really thought my mom complained _____ but actually I guess I didn't pay _____ attention to her. I got sick! The doctor said my diet wasn't healthy _____ and said I needed to change it. He also told me that I needed more vitamins and that I wasn't getting _____. No surprise there! So I changed my diet. In the end, it was simple _____ to do. Now I'm eating a lot of raw vegetables – I guess you can't eat _____ of those! I feel great. And guess what? My mom can't say I don't eat well _____. Not now!

COMMENTS:

Good for you! You should never be _____ busy to look after your health! _____ junk food and _____ sweets are not good for you.

Talking about the future

- A** A man is telling a friend about his plans for the evening. Circle the correct phrases to complete the sentences. Sometimes both are correct.

Well, tonight I'm going to stop / I stop by the store on my way home. I need to get some stuff for dinner. I think I'll buy / I'm buying some pasta, and I'll make / I make some garlic bread. That sounds good. So, yeah, we eat / we're eating late tonight because I have / I'll have a gym class at 6:00. I think I'll go / I'm going to go home straight after class, because my roommate's having / my roommate has dinner with me tonight. I guess he's not getting / he won't get home until 7:30, so maybe we'll eat / we're eating at about 8:00. I think we're going to go / we go out later. There's a movie I want to see. It starts / will start at 10:00.

What's advisable, necessary, preferable

- A** Rewrite these sentences about making changes in life.
Use the words given.

1. I'd prefer not to move out of my apartment. (I'd rather not)
I'd rather not move out of my apartment.
2. I should really learn to drive. (be going to have to)
3. I should save some money to buy a car. (ought to)
4. I think you should talk to your boss about a promotion. (might want to)
5. My brother should get a job soon, or he won't be able to pay his rent. (had better)
6. My classmates shouldn't go out tonight, or they won't pass the exam tomorrow. (had better not)
7. My sister wants to go to Europe. She should learn some English before she goes. (I'd better)
8. My friend has to choose her major soon, but she says she prefers not to think about it. (I'd rather not)
9. My parents are going to have to retire soon, but they say they prefer to work. (would rather)
10. I should get more exercise – I spend too much time at my desk. (ought to)