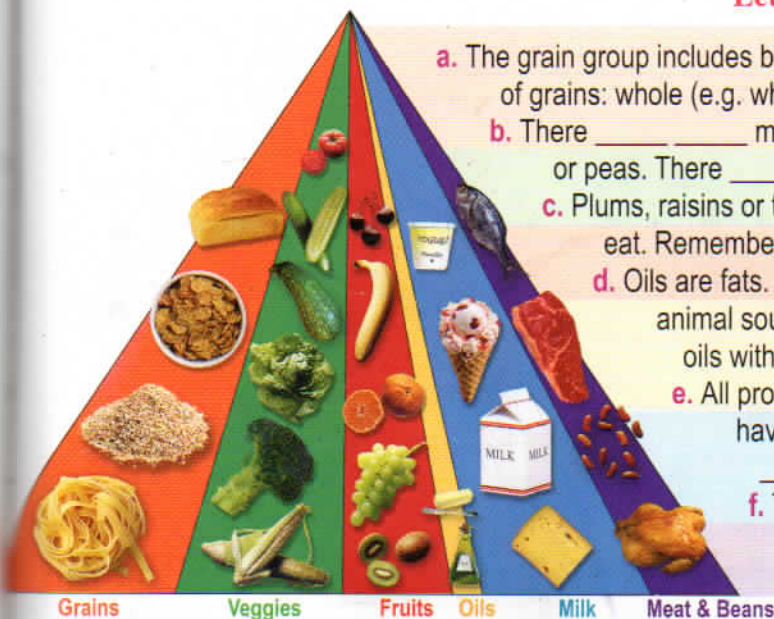


Grammar and Vocabulary



3. Based on the food pyramid, complete the texts using *is, isn't, are, aren't, some or any*. Then, listen and confirm.

Let's go inside the pyramid!



- a. The grain group includes bread, pasta, cereals and oatmeal. There _____ two kinds of grains: whole (e.g. whole-wheat bread) and refined (e.g. white bread).
- b. There _____ meat in this group! Instead, there _____ onions, tomatoes or peas. There _____ also broccoli, zucchini and spinach.
- c. Plums, raisins or tangerines _____ of the common fruits you can eat. Remember to drink _____ fruit juice too!
- d. Oils are fats. There _____ liquid and solid fats. Solid fats come from animal sources (e.g. butter, pig fat [lard]). There _____ solid oils without cholesterol.
- e. All products made from milk are part of this group. But if they have little or no calcium, they aren't part of it. So, there _____ butter or cream cheese in this group.
- f. There _____ nuts, seeds, eggs, beans, and all kinds of meat, poultry and fish in this group.

4. Answer the mini-test and add two more questions. Then, discuss in pairs how healthy you are.

- a. How much fruit do you eat daily?
 1. I don't eat any.
 2. I eat two oranges and a few grapes daily.
 3. I eat a lot of fruit. I always eat fruit salad.
- b. How many eggs do you eat during the week?
 1. I eat a few, about three, maybe.
 2. I don't eat any. I eat a lot of red meat.
 3. I eat a lot of eggs.
- c. How much white bread do you eat daily?
 1. I eat a lot of white bread during the day.
 2. I eat some white bread daily.
3. I eat a little. I prefer whole-wheat bread.
- d. _____
 1. _____
 2. _____
 3. _____
- e. _____
 1. _____
 2. _____
 3. _____



5. Look and role play a dialog. Use quantifiers. Then, listen to the sample dialog.



Quantifiers

Reflect on Grammar

Use **how much** for uncountable nouns.

How much bread do you eat daily?

Use **some** or **little** to answer.

I eat **some / a little** bread.

Use **how many** for countable nouns.

How many apples do you eat a week?

Use a **number**, **'a lot of'** or **'a few'** to answer.

I eat **2 / a lot of / a few** apples.

Project Stage 1

- Design a mini-test about healthy food habits. Then, draw a food pyramid with the foods offered in your summer camp and write a comment about it.