

3 Eating Well

Goals

- This unit will guide you to
- identify countable and uncountable nouns and use quantifiers to talk about a healthy diet.
- present recipes using units of measurement.
- read and interpret nutrition facts labels.
- take notes and talk about eating disorders.

A Healthy Diet



1. Listen, read and complete the list by replacing the pictures with the corresponding names. Then, check what you like to eat for breakfast.

Breakfast Is Important!

Breakfast is the fuel that gives you energy to start the day. There are many options to choose from. You can have some with or an and some . If you don't know what to eat for breakfast, open the fridge. Is there any ? If there is some, have a glass. If there isn't any, look again. Is there any fruit? Have some! Cut an , a or a into pieces and mix it with some and milk. Some some and some can be a nice alternative too. The important thing is to have something nutritious to start the day!

Vocabulary Strategy

To determine if a noun is uncountable, think if you need a container for it, if it is liquid, or if it is a piece of something that needs to be sliced.

an	• <u>egg</u>	_____
a	• _____	_____
some	• <u>oatmeal</u>	_____
	• _____	_____
	• _____	_____
	• _____	_____

GREENWICH LAB ACTIVITIES

Countable nouns

- You **can count** them.
e.g. **one** lemon, **two** lemons, etc. one plum, two plums, etc.
- They **have a singular** and a **plural** form.
e.g. I eat **a plum** every day. I love **plums!**
- Use **there is** or **there are** with them.
e.g. There is a lemon. / There are two lemons.
- Use **some** and **any** with **plural countable** nouns.
e.g. I'll buy **some** pineapples.
There aren't **any** eggs.

Uncountable nouns

- You **can't count** them, so you need a unit of measurement or a container to refer to them.
e.g. **some** bread, **a slice of** bread / **some** butter, **a pound of** butter.
- They **don't have a plural form**.
e.g. I drink **milk** at night. I love **milk!**
- Use **there is some** with them.
There is **some** butter.
- Use **some** or **any** with **uncountable** nouns.
e.g. Is there **any** butter?
I want **some** orange juice.

Reflect on Grammar

2. Classify the food below into countable and uncountable nouns.

	rice	juice	carrot	meat	pear	whole-wheat bread	nut	jam
countable								
uncountable								