I've been on a diet for two weeks and all I've lost is fourteen days.

Totie Fields, American actress

How much is too much?

1 Vocabulary health and the body

Complete the sentences with these words.

anxious bones brain faces illness prevent skin

1 I'm ________ anxious about my uncle's health because he's been ill for a long time.
2 People suffering from a serious ________ often stay in hospital for a long time.
3 You need to cover your ________ with sunscreen when you sunbathe.
4 You can tell they've been in the sun – their ________ are very red.
5 When you're old, your ________ can break more easily.
6 Coffee can sometimes ________ you from sleeping.
7 My grandmother can't walk very well, but her ________ is still active.

2 Grammar quantifiers, too, not enough

a Complete the sentences with a few, a little, much, many or a lot of.
1 She's quite overweight because she eats ________ a lot of sweets.
2 Can I ask you ________ questions about your diet? It won't take long.
3 Her children don't have a healthy diet – they don't eat ________ vegetables.
4 How ________ sugar do you have in your coffee?
5 Could I have ________ more tea, please?
6 I don't eat ________ fruit – I need to eat more.
7 How ________ hours do you spend in front of the TV every day?
8 ________ time in the sun is good for you, but no more than 15 minutes.
9 He's in his last year at school, so he gets ________ homework.
10 I only drink ________ cups of coffee a day – maybe two or three.

b Circle the correct phrase.
1 I can't go to the party. I'm ________ too / much ill.
2 I'm not very good at basketball. I'm not ________ enough tall / tall enough.
3 I couldn't live in the UK. It rains ________ too many / much.
4 I'm not going to finish my homework. I don't have ________ enough time / time enough.
5 I can't sleep. I've eaten ________ too much / many chocolate.
6 I can't carry my shopping home. I have ________ too much / many bags.
7 I'm really unfit. I don't do ________ enough exercise / exercise enough.
8 I'm always tired. I don't ________ enough sleep / sleep enough.

3 Pronunciation /ʌ/, /u:/, /æ/, /e/

a Listen and write the words in the chart.

<table>
<thead>
<tr>
<th>any diet</th>
<th>enough</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>up</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>boot</td>
<td>2</td>
</tr>
<tr>
<td>bike</td>
<td>3</td>
</tr>
<tr>
<td>egg</td>
<td>4</td>
</tr>
</tbody>
</table>

b Listen again and repeat the words.
4 READING

a Read the newspaper article. Which one of these fruits and vegetables do not count towards your five a day?

- beans
- potatoes
- peaches
- cucumber
- carrots
- peas
- plums
- pineapple

b Read the article again and write T (true) or F (false).

1. The campaign to eat more healthy food in the UK is called Six a Day.  
   F

2. Fruit in a can isn’t good for you.  
   

3. Frozen vegetables don’t count towards your five a day.  
   

4. Only 100% pure fruit juice counts as a portion.  
   

5. One mandarin orange counts as one portion.  
   

6. You have to eat many tomatoes to get one portion.  
   

7. A large spoonful of vegetables doesn’t count as a portion.  
   

c Look at the highlighted words. What do you think they mean? Check with your dictionary.

5 LISTENING

a eBook Listen to two people doing a quiz about body age. How old is Alice? What is her body age?

b Listen again and complete the sentences.

1. Alice walks _________ every day.
2. She does _________ sport or exercise.
3. She doesn’t eat _________ fast food.
4. She eats _________ fruit and vegetables.
5. She’s a very _________ person.
6. She’s _________ stressed.
7. She sees _________ close friends regularly.
8. She doesn’t have _________ time for herself.

USEFUL WORDS AND PHRASES

Learn these words and phrases.

- bones /bounz/
- brain /bren/
- face /feis/
- illness /'ilnas/
- prevent /prɪ'vent/
- skills /skləz/
- skin /skɪn/
- sunlight /ˈsʌnlaɪt/
- sunscreen /ˌsæŋskrɪn/
- anxious /ˈæŋkʃəs/

Five a Day

How much fruit do you eat every day? And how many vegetables? Food experts today think that we don’t have enough of these foods in our diet and they say that we eat too much fat and sugar. This is why the World Health Organization has started a campaign to encourage us to eat more fruit and vegetables. The campaign in the UK is called Five a Day.

Why eat fruit and vegetables?

Fruit and vegetables are full of important vitamins and minerals which our bodies need to be healthy. Scientific studies have shown that eating a lot of them can prevent some illnesses like diabetes and obesity. Also, fruit and vegetables don’t contain much fat and they don’t have many calories, so they help to keep us slim.

What counts?

Nearly all fruit and vegetables count towards your five a day, except potatoes. The food can be fresh, frozen, or in a can, like peaches or peas. It can be raw, cooked, or even dried, like raisins or banana chips. A glass of 100% fruit juice with no added sugar also counts as one portion.

How much is a portion?

A portion of fresh fruit or vegetables depends on the size of the food. In the case of small-sized fruit like plums or mandarin oranges, one portion is two pieces of fruit. A piece of medium-sized fruit like an apple, an orange, or a pear also counts as one portion. With larger fruit like melon and pineapple, one portion is a 5 cm slice. We use the same method for calculating portions with vegetables. In the case of salad vegetables, a medium-sized tomato or a 5 cm piece of cucumber count as one portion each. For smaller, cooked vegetables like beans and carrots, one portion is three large spoonfuls of vegetables.