

12 Eat More Healthy Food

Determiners – a lot of / a few / a little / fewer / less / more

Date:

Grade:



Grammar Explained

- a) We use the determiners **'a few'** and **'a little'** to talk about a small number of things. We use the determiner **'a lot of'** to talk about a large number of things. We use **'a few'** with countable nouns and **'a little'** with uncountable nouns. We use **'a lot of'** with both countable and uncountable nouns.

Ⓒ = countable noun ⒰ = uncountable noun

They ate	a few	candies. Ⓒ
	a little	meat. ⒰
	a lot of	vegetables Ⓒ / fruit. ⒰

- b) We can use **'fewer'**, **'less'** and **'more'** to compare the amount of something and to give advice. We use **'fewer'** with countable nouns and **'less'** with uncountable nouns to talk about a smaller amount. We use **'more'** with both countable and uncountable nouns to talk about a larger amount.

You should eat	fewer	French fries. Ⓒ
	less	chocolate. ⒰
	more	tomatoes Ⓒ / fish. ⒰

A Cody and Connie are having a buffet. Look at the picture and write the correct letters in the boxes.



1. Connie eats beef.
2. She eats vegetables.
3. Cody has grapes on his plate.
4. Cody should eat French fries. They are oily.
5. Cody should drink cola. It's unhealthy.

- A. a few
- B. a little
- C. a lot of
- D. fewer
- E. less

B Mrs Kim is watching a TV programme about healthy eating habits. Circle the correct answers.



1. We sweat a lot in summer so we can eat more / less juicy watermelons.
2. Fried food is not good for our health. We should eat more / less fried food.
3. Overweight people ought to eat fewer / less snacks.
4. We should eat a few / a lot of vegetables. Then we will not get sick easily.
5. Some people only drink a few / a little water a day. In fact, we should drink many / a lot of water every day.
6. Only a little / a few people know that we should eat slowly but not gobble our food.



C Mr Kim is telling Cody to have good eating habits. Complete what he says with the given words.

a few a little a lot of

fewer less more



Cody, having a balanced diet is good for us. Tomatoes and carrots contain ① _____ vitamins so you shouldn't eat only  ② _____ of them. You shouldn't eat only  ③ _____ fish either because fish is good for your eyesight. You should eat ④ _____ vegetables and rice. They'll make you grow stronger and taller. At the same time, eat ⑤ _____ oily food because it makes you fat. Eat ⑥ _____ sweets as they are bad for your teeth.



Proofreading

D Underline the mistakes in the numbered lines and write the correct answers on the lines.

Mum is worried about Bobby's bad eating habits.

1. He eats a lots of snacks and fast food. Mum 1. _____
2. thinks that he should eat fewer ice cream and 2. _____
3. more potato chips. They are bad for him. Also, he  3. _____
4. only drinks a few water. He should drink more 4. _____
5. water. He needs to eat less vegetables too because  5. _____
they make him healthy.



Daily Life Grammar

E Cody is reading the school newsletter. Complete the newsletter article with the given words.

a few a little a lot of

fewer less more



Little Dragon Primary School Newsletter

March 20XX

Little Healthy Eaters

We noticed that many students often leave vegetables in their lunchboxes. It is a bad habit. It is important to have a healthy and balanced diet. Let's be little healthy eaters together!



Here are some tips:

- ▲ Look at the food pyramid for what to eat more and what to eat less.
- ▲ Grain products give us energy so we should eat ① _____ rice, bread and noodles.
- ▲ Some children eat only ② _____ fruit and ③ _____ vegetables because they dislike them. In fact, they give us ④ _____ nutrition. We should have them every day.
- ▲ Dairy products are rich in protein so we should not just have ⑤ _____ milk, cheese or yoghurt.
- ▲ Meat is another good source of energy. We should eat enough but not ⑥ _____ meat every day.
- ▲ There is ⑦ _____ oil in fatty food like pizzas, chips and hamburgers. We need to eat ⑧ _____ fatty food because it is unhealthy.
- ▲ Sugar is not good for our teeth. We need to eat ⑨ _____ sweets.