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What's Good For Us?

Determiners – too much / too many +
be good / bad for

Date:

Grade:



Dad, that lady is fat. Does she eat **too much** food?



Grammar Explained



a) We use **'be good for'** and **'be bad for'** to give advice.

Milk	is	good for	you.
Vegetables	are		

Junk food	is	bad for	you.
Soft drinks	are		

b) We use **'too much'** and **'too many'** to show that something is more than we need. We use **'too much'** with uncountable nouns and **'too many'** with countable nouns.

Ⓒ = countable noun Ⓐ = uncountable noun

Too much	fried food	Ⓐ	is	bad for us.
Too many	sweets	Ⓒ	are	

Don't put	too much	salt	Ⓐ	in the soup.
	too many	beans	Ⓒ	

A Cody and Connie are having a buffet. Write the correct letters on the plates.



beef



chocolate



carrots



blueberries



sushi



too much



too many



B Connie's class is preparing for the Christmas party. Fill in the blanks with 'too much' or 'too many'.




1. Jill bought _____ cola. It is unhealthy.
2. Carman made _____ hamburgers. They are too oily.
3. Dan bought _____ potato chips. They are tasty but bad for us.
4. Lenny made _____ fried rice. I think we can eat it for three days!
5. Jeff bought _____ orange juice. We can't finish it all.
6. Tracy baked _____ cookies. Let's give some to other classes.






C Cody is talking to his friends about good eating habits. Complete their conversation with the correct form of the given words.




too much too many


be good for be bad for


 : I think I should stop eating food that **e.g.** _____ is bad for _____ me. I eat **1** _____ snacks and drink **2** _____ cola.

 : I love eating snacks too but I know they **3** _____ our health. My dad always says we shouldn't eat  **4** _____ oily food.

 : Oh, but I want to be strong. Do you think I can grow stronger if I eat a lot of meat?

 : Meat  **5** _____ us but we don't need to eat  **6** _____ of it every day.



 : How about grain products? I think we should eat a lot of them.

 : They can give us energy but we can't eat **7** _____ of them in one meal. Fruit and vegetables **8** _____ our health. We should eat more of them to stay healthy.



Proofreading

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

- | | |
|---|--|
| 1. Three years ago, Katie ate snack all the time. She |  1. _____ |
| 2. was unhealthy because she had to many | 2. _____ |
| 3. doughnuts. She ate too many salty food and too | 3. _____ |
| 4. much chips as well. One day, she had a bad | 4. _____ |
| 5. stomachache. She knew she shouldn't eat a lots | 5. _____ |
| 6. of snacks again because they were bad to her. |  6. _____ |



Daily Life Grammar

E Mrs Kim is browsing a webpage about a healthy diet. Complete the webpage with the correct form of the given words.





too much too many

be good for be bad for



http://www.stayhealthy.com.hk/eat_smart_eat_right.html

Eat Smart, Eat Right

DOs

- ◆ Milk is a healthy drink. It  ① _____ our bones and teeth. Every child should drink a glass of milk every day. 
- ◆ Grain products give us energy to work and play. They ② _____ us. We can have cereal and wheat bread for breakfast.
- ◆ People think that snacks are very unhealthy. In fact, not all kinds of snacks  ③ _____ us. There are some healthier choices such as dried plums and nuts. But remember not to eat ④ _____ of them. 

DON'Ts

- ◆ It's convenient to eat canned food but it contains ⑤ _____ oil and salt. They ⑥ _____ us. We shouldn't eat ⑦ _____ canned food.
- ◆ Many people skip their breakfast in the morning.  However, breakfast is a good source of energy. Skipping it  ⑧ _____ us.
- ◆ Never eat ⑨ _____ fast food because it is oily and salty. We should not eat ⑩ _____ deep-fried food either. It ⑪ _____ our health.