

9 Healthy Eating Habits

Date : _____

Grade : _____



Grammar Notes

Determiners: enough / too many / too much

Jasper, you are putting **too many** potato chips into the trolley!



Snacks

No, Mum! I need to have **enough** snacks so that I get the energy to do my homework!

We use the determiner '**enough**' with both countable and uncountable nouns to show that the amount of something is just right.

We have **enough** meat every meal.

We use the determiner '**too many**' with countable nouns and the determiner '**too much**' with uncountable nouns to show that the amount of something is more than we need.

Jasper eats **too many** egg tarts.

Ellie drinks **too much** soda.



Grammar Tip

Remember to use the plural form of the countable nouns after 'enough' and 'too many'.

Warm-up

A Mr Fan is preparing the dinner. Read his note and circle the correct answers.



Note

Ingredients:

butter	150 g
pasta	500 g
avocados	2
chicken	300 g
cauliflowers	2
nuts	100 g

I bought 150 g of butter, 800 g of pasta, 5 avocados, 600 g of chicken, 2 cauliflowers and 200 g of nuts.

- I bought **enough / too many / too much** butter.
- I bought **enough / too many / too much** pasta.
- I bought **enough / too many / too much** avocados.
- I bought **enough / too many / too much** chicken.
- I bought **enough / too many / too much** cauliflowers.
- I bought **enough / too many / too much** nuts.



We use the determiner **'fewer'** with countable nouns and the determiner **'less'** with uncountable nouns to show that we need a smaller amount of something.

We use the determiner **'more'** with both countable and uncountable nouns to show that we need a larger amount of something.

We use the modal verb **'should'** to give advice and talk about the actions that are right to do. We use the base form of verbs after **'should'**.



Ellie		drink	fewer	soft drinks.
Jasper	should	eat	less	fast food.
Mum		have	more	cereals.



Common Errors

- ✓ You should eat less **popcorn**.
- ✗ You should eat less **popcorns**.

- I want to have more **noodle / noodles** for lunch.
- Let's drink less **chocolate milk / chocolate milks**.



Grammar Tip

Uncountable nouns do not have plural forms so their spellings remain unchanged.

Warm-up



A nutritionist is giving a talk at school. Fill in the blanks with 'should', 'fewer', 'less' or 'more'.

- You _____ eat _____ snacks before dinner.
- You _____ drink _____ soft drinks and _____ juice.
- Dairy products are healthy. You _____ drink _____ milk.
- You _____ eat _____ bread and cereals because they give you energy.
- Sugary food has too much sugar. You should eat _____ chocolate and _____ cookies.
- Vegetables are good for you. You _____ have _____ broccoli and carrots.
- Fried food is fatty. You _____ eat _____ fried chicken and _____ French fries.



Practice

G Mr and Mrs Fan are having lunch. Look at the pictures and complete the passages with the given words.

should

enough

too many

too much

fewer

less

more

Mum's meal



Mum loves eating seafood and vegetables. She has

① _____ salad but ② _____ seafood.

There are ③ _____ squids on her plate. Also, she doesn't have enough fruit. She ④ _____ eat

⑤ _____ prawns and ⑥ _____ oranges.

Dad's meal



Dad is always a big fan of rice and meat. He eats

⑦ _____ fried rice. He ⑧ _____ eat

⑨ _____ meat and ⑩ _____ hamburgers.

Otherwise, he will be too full. It's good

that he has ⑪ _____ fruit.



Hint: Q11

What is good about Dad's meal?

Proofreading

D There is one mistake in each numbered line. Correct the underlined mistakes for Questions 1-2. Underline and correct the mistakes for Questions 3-8.

1. Everyone should has healthy eating habits. Here are 1. _____
2. some tips. Don't eat too many fried food or you will 2. _____
have a sore throat. If you are on a diet, don't eat too
3. more snacks. You will get fat easily if you eat too much 3. _____
4. ice creames. Sweets are bad for your teeth. You should 4. _____
5. eat little sweets and other sugary food. Every day, you 5. _____
6. shouldn't eat at least three servings of vegetables. Eating 6. _____
7. plenty of vegetables gives us less vitamins and fibre. 7. _____
8. Also, drink fewer milk if you want to grow taller. 8. _____

Grammar in Context

Text Type:
Poster

E Ellie is reading a poster about a healthy diet. Follow the examples and complete the poster with the help of the given words.

should

enough

too many

too much

fewer

less

more

LET'S HAVE A HEALTHY DIET!

We **e.g.** _____ should follow _____ (follow) the advice for a healthy diet!

✦ **Grains** ✦ We should have
e.g. _____ enough grain products

(grain product) in every meal. We
1 _____ (eat)
three bowls of grain products each day.

Try to eat **2** _____
_____ (wholewheat bread) because
it contains more fibre than white bread.

Also, try to have steamed rice instead of
fried rice because it has

3 _____ (oil).

✦ **Dairy Products** ✦ We need
6 _____
(milk) and other dairy products to help us
grow. However, remember not to have

7 _____
(dairy product) at one time, or you may
get a stomach ache.

✦ **Water** ✦ Lastly, we **11** _____ (drink) around eight glasses of
water daily. We need to have **12** _____ (water) so that our bodies
can work well.

✦ **Fruit & Vegetables** ✦ We need to
eat **4** _____

(vegetable) than meat because they
are full of fibre and vitamins. Fruit is
good for us too but we shouldn't have

5 _____ (fruit
juice). Fruit juice usually contains sugar
and it can be unhealthy.

 Hint: Q3 & 7

Answer the questions with the
help of your prior knowledge.



✦ **Oil, Salt & Sugar** ✦ Many
children love eating sweets

and junk food but we must have
8 _____ (junk

food) and **9** _____
(sweet). They usually contain

10 _____ (salt),
sugar and oil, which are bad for our bodies.

