

Unit 2

Talking about amounts



Ugh! There are **a few** cockroaches!

I am vegan. I do not eat **any** meat. This isn't plant-based meat!

Grammar in Context

Theme: Health and fitness

Words by Theme



Read the speech given by a teacher and answer the questions.

Health Promotion in Schools

Good morning, students. Today, I would like to introduce two new practices to you. They aim to improve your health, strengthen¹ your immune systems² and help you relieve stress.

First, everyone has to take up a sport. ① There are **many** benefits that come with regular exercise. They include weight control, better sleep quality and improved mental health. There will be **lots of** courses for you to choose from, such as aerobics³, tennis, badminton and handball. ② Spare **a little** time for it. You will find it worth your time and energy.

Second, we are going to change the menu of the canteen. The new menu is mainly made up of vegetarian dishes. There are salads, multigrain⁴ sandwiches, veggie burgers⁵ and vegetable soups. There are **no** sugary drinks⁶, but **a few** relatively unhealthy snacks, like fries, are going to remain on the menu. To keep a balanced diet, you should have several **pieces of** fruit, five **portions of** vegetables, high-fibre⁷ starchy foods⁸ and at least eight **glasses of** water every day. ③ Also, beware that you should take only **a little** salt, and your meals should not contain **much** fat.

④ If you have **any** questions or **ideas**, you may talk with your PE teachers. Thank you.

1. The blue words are quantifiers. What nouns go after them? Read sentences ① – ④ and complete the table by writing the nouns in the correct boxes.

(i) plural countable nouns	benefits		
(ii) uncountable nouns			

2. Are the following phrases grammatically correct? Put a tick (✓) or a cross (✗) in each box.

(i) many chocolate



(ii) a few tubs of ice cream



(iii) two spoonfuls of condiment



PART 1 Definite amounts

Definite amounts refer to obvious amounts or numbers that we can count or measure. We can specify definite amounts with quantity words, which usually refer to shapes, measurement units or containers. We can only use quantity words with plural nouns and uncountable nouns.

Quantity words	Plural nouns	Quantity words	Uncountable nouns
<ul style="list-style-type: none"> a bouquet of a box of a bowl of a bunch of a pair of a packet of a pound of 	<ul style="list-style-type: none"> flowers pens noodles grapes earrings frozen peas chicken wings 	<ul style="list-style-type: none"> a drop of a pinch of a piece of a lock of a litre of a kilo of a pound of 	<ul style="list-style-type: none"> blood pepper advice hair lemonade rice sugar



We can also use quantity words to refer to a definite amount which is a part of the whole thing.

▪ a slice of pizza



▪ a clove of garlic



Exercise 1.1

Look at the pictures. For each question, put a tick (✓) in the box next to the correct answer.

1.



- a tin of fish
 a pound of fish

2.



- a block of furniture
 a piece of furniture

3.



- a loaf of bread
 a slice of bread

4.



- two bottles of lotion
 two jars of lotion

5.



- a pile of paper
 a piece of paper

6.



- a bar of chocolate
 a tin of chocolate

7.



- a heap of clothes
 a set of clothes

8.



- two plates of rice
 two bowls of rice

9.



- three cloves of watermelon
 three slices of watermelon

10.



- six bars of paint
 six tubes of paint



More to take away

heap (n.) = an untidy pile of things

Error Diagnosis

An uncountable noun should remain unchanged when we use it with a pluralised quantity word.

- two pieces of cheeses ✗ two pieces of **cheese** ✓
 six spoonfuls of salts ✗ six spoonfuls of **salt** ✓

Many nouns can be both countable and uncountable, and there is usually a slight difference in meaning between the countable form and uncountable form.

- Tom is allergic to **foods** like cheese and yogurt. (particular kinds of food) ✓
Food is the main source of energy. (things that living creatures eat in general) ✓



Exercise 1.2

Isla is reading a recipe for lemon tart. Complete the recipe using the correct form of the given nouns.

- teaspoon bowl drop glass pinch cup knob

Ingredients:

- 3 (1) _____ knobs of butter
- 1.5 (2) _____ of salt
- 2 (3) _____ of vanilla extract

Lemon Tart (2 servings)

- 5 cups of plain flour
- 2 (4) _____ of cream
- 2.5 (5) _____ of egg yolk

- 3 lemons
- 100g of sugar

Steps:

- Cut the butter into cubes. Put them in a large bowl. Pour the flour, sugar, salt and a (6) _____ of cold water into it and whisk. Freeze the mixture for 30 minutes.
- Squeeze some lemon juice into the cream. Mix them with the egg yolk and vanilla extract. If you like, you may add a few (7) _____ of honey. The filling is ready.
- Take the pastry out from the freezer and press it into the tart tin. Then ...

PART 2 Indefinite amounts

Indefinite amounts refer to amounts that are not specific, not exact or that we do not know. To talk about indefinite amounts, we can use the following quantifiers. These quantifiers suggest whether a quantity is large or small.

Quantity	Quantifier + Noun	Examples
Small	<i>few</i> + plural countable noun	<i>Few teenagers</i> know what cassettes are now.
	<i>little</i> + uncountable noun	Weeks went by and there was <i>little news</i> about the missing persons.
	<i>a few</i> + plural countable noun	Grandma has knitted <i>a few sweaters</i> .
	<i>a little</i> + uncountable noun	Add <i>a little salt</i> to make the dish taste better.

Quantity	Quantifier + Noun	Examples
Large	<i>many</i> + plural countable noun	<i>Daniel has made many pancakes.</i>
	<i>much</i> + uncountable noun	<i>Dad did not get much sleep last night.</i>
	<i>a lot of / lots of</i> + plural countable noun / uncountable noun	<ul style="list-style-type: none"> ▪ <i>She has been to a lot of theme parks.</i> ▪ <i>There is lots of natural light in the room.</i>
	<i>plenty of</i> + plural countable noun / uncountable noun	<ul style="list-style-type: none"> ▪ <i>The scholar has read plenty of books.</i> ▪ <i>It takes plenty of courage to reach the summit.</i>

We use the quantifiers *little*, *a little*, *few* and *a few* to refer to small amounts. We use *few* and *a few* with plural countable nouns while *little* and *a little* with uncountable nouns.

Quantifiers	Uses	Examples
<i>few</i>	<ul style="list-style-type: none"> • to convey negative ideas • to mean not as many / much as one has expected or wished for 	<i>Few animals survived the fire. (= not many)</i>
<i>little</i>		<i>There is little honey in the tea. (= not enough)</i>
<i>a few</i>	<ul style="list-style-type: none"> • to simply express small amounts, without implying any negative ideas • sometimes to suggest small yet enough 	<i>A few animals survived the fire. (= some)</i>
<i>a little</i>		<i>There is a little honey in the tea. (= some)</i>

Reminder

When the noun is uncountable, we usually use *much* in questions and negative statements. As for positive statements, we use *a lot of*, *lots of* and *plenty of* more often.

<i>much</i>	in questions	<i>Do you have much work experience?</i>
	in negative statements	<i>Miss Baker does not eat much meat.</i>
<i>a lot of / lots of</i>	in positive statements	<i>We ate a lot of / lots of mutton in Mongolia.</i>
<i>plenty of</i>		<i>There is plenty of room for improvement.</i>



Exercise 2.1

Circle the correct answers for the following sentences.

- We can see (many / few) stars in the countryside. The light pollution there is not serious.
- (Few / A few) retirees can live on their pensions. Many re-enter the job market as a result.
- Unfortunately, we have (little / few) information on the newly discovered virus.
- Ian has (a pair of / a piece of) skis, but he does not have (much / many) potential for skiing.
- Oscar made (few / a lot of) mistakes and failed the test terribly.
- 'I'm glad that you invited me to the party. I had (little / plenty of) fun!' Jim said.
- Can you give me (a little / little) help with this task?
- Add (a few / few) drops of essential oil to (a piece of / a slice of) tissue and breathe it in to clear your stuffy nose.
- A: Is there (much / little) traffic in Bangkok?
B: There is no need to hurry. We have got (many / plenty of) time.



Exercise 2.2

Harper is writing an email to Lyla. There are some mistakes. Correct the underlined mistakes and write the correct quantifiers from Part 2 in the spaces provided. Write ONE word only.

Dear Lyla,

How are you? How did your exams go? Last time, you told me that you didn't do (1) many preparation. I hope you've passed them!

As for me, I've experienced a (2) little changes. First, I've moved to a rural area. There are (3) much parks nearby. I can picnic and get fresh air there. Grocery shopping is not convenient though. There are (4) little shops near home. The second change is that I was promoted at work last month. I had a (5) few stress at first. Now I'm feeling much more at ease because (6) lot of my colleagues are willing to help me out. Lastly, I've bought a new car. It doesn't consume (7) many energy and it performs impressively! The only thing I could complain is that it has very (8) few trunk space.

I have to go now, or I'll be late for dinner. Talk soon!

Love,
Harper



1. _____ much _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

PART 3 some, any, no & none

We often use *some, any* and *no* to talk about amounts. We use these words directly before plural countable nouns or uncountable nouns.

Quantities	Quantifiers	Uses	Examples
unspecified or unknown	some	in positive statements	There are <i>some</i> cherry tomatoes in the fridge.
		in questions as a pronoun	A: Would you like <i>some</i> coffee? B: Sure, pour me <i>some</i> please.
	any	in negative statements	The kids did not show <i>any</i> interest in the topic.
		in questions as a pronoun	A: Have we got <i>any</i> eggs? B: No, there aren't <i>any</i> .
not any	no	in positive statements	Mr Williams has <i>no</i> doubt that his son will win the competition.

Reminder

None is a pronoun meaning *not one* or *not any*. Note that we can use it to replace both countable and uncountable nouns.

none	to replace countable nouns	Do you have any <i>plans</i> tonight? I have <i>none</i> .
	to replace uncountable nouns	A: Do you have any <i>news</i> about Mr Gates? B: No, I have <i>none</i> .



Exercise 3.1

Circle the correct answers for the following sentences.

- The government expects that the new policy will benefit (some / any) industries.
- The director of the company does not have (any / none) solutions to the problem.
- 'Are there any students who have won the scholarship?' 'No, there are (no / none)'
- I have (some / no) business meetings this afternoon so I can take a rest.
- Have you got (no / any) evidence for his misconduct?
- 'Your pasta smells so good! Can I have (some / any)?' asked Tim.
- We wanted to make some salad but there was (no / any) lettuce at home.
- (Some / No), but not all, rooms in this hotel are equipped with massage tubs.
- The heavy gambler does not have (none / any) savings.
- A: How many assignments have you done? B: (None / No).
- A: I'd like (some / any) more cake. B: I'm afraid there's (none / any) left.



Exercise 3.2

Maisie is preparing a presentation script. There are some missing words. Complete the script using *some*, *any*, *no* or *none*.

Hello everybody! Today, I would like to talk about a physical and spiritual exercise—yoga.

Yoga is a system of exercises that helps you improve your well-being. It provides (1) _____ some _____ mental and physical benefits and has almost (2) _____ disadvantages.

First, it improves the flexibility of your body. (3) _____ popular poses, such as plank pose and boat pose, can strengthen muscles at the same time. Those who have back pain due to poor posture usually experience (4) _____ after years of yoga practice.

Second, it helps you keep fit. According to recent research, people who practise yoga are less likely to gain weight over time than those who have never practised (5) _____ yoga. They are also more aware of what they eat and try to include (6) _____ junk food in their diet.

Third, yoga emphasises breathing, mind relaxation and poses. When you manage to do well in these aspects, I can assure you that you will not have (7) _____ depressing thoughts.

Over the past few years, more and more friends of mine have joined yoga classes regularly and the classes have disappointed (8) _____! Let's do yoga!



plank pose



boat pose

Grammar Wrap-up

Justin is writing an article about a famous athlete for the school magazine. Complete the article using the given words.

plenty of some any no none many much
 few little a few a litre of a piece of a pound of

John Smith is not retiring from tennis

One of the world's top tennis players, John Smith, aged 38, has recently won the 20th Grand Slam singles title while everybody was expecting his retirement. In his interview with *Love of Sports*, Smith talked about his career.

'I was interested in (1) _____ some _____ sports when I was small,' said Smith, 'but I had (2) _____ knowledge about tennis. Football was my favourite back then. However, I had to give it up when I realised that I wasn't good at (3) _____ team sports. My parents used to play (4) _____ tennis at weekends. It was they who encouraged me to pick up tennis.'

At age 14, Smith met his first coach, Peter Fisher, who saw his potential. '(5) _____ coaches are as inspirational as Peter. I got as (6) _____ practice as possible when he coached me. Also, he taught me to stay humble despite my success. I was devastated when I learnt of his death. He drank (7) _____ water in the morning and ate (8) _____ vegetables every day. I could never understand why such a health-conscious person would die so young,' Smith said after he won his first Grand Slam title.

In the following 20 years, Smith won 95 percent of his matches. 'When I was younger, I had only (9) _____ strategies which I learnt from my coach and my parents. Over time, I've developed my own strategies. I've learnt to predict the moves of my opponents and change my strategies along the way. However, (10) _____ two games are alike,' Smith said.

Asked to give (11) _____ advice to young tennis players, Smith replied with a sense of humour, 'Never let the ball bounce twice. I can talk about (12) _____ techniques, but (13) _____ are more important than perseverance and hard work.'



Grammar in Pre-DSE Text Type

Theme: Health and fitness

You are writing a pamphlet for Johnny Fitness Club. Complete the pamphlet using the correct form of the given words.

lots of gym equipment some change any difficulty no boxing bag
 none many choice few fitness club little assistance a few hour
 a little training a few drop two glass a bowl a team

Words by
Theme



Johnny Fitness Club

Our vision

(1) Few fitness clubs care about your well-being¹ as much as we do. Having over 15 branches across the city, Johnny Fitness Club strives to provide you with an unforgettable workout² experience. We provide you with (2) _____ in both classes and personal fitness instructors³.

What we offer:

• Cardio⁴ Workout Programme

Try to add (3) _____ of cardio workout to your weekly routine⁵. You should see (4) _____ in your life. Since we have courses over a wide range of levels, you can rest assured that you won't have (5) _____ finding a suitable course.

• Weight Training⁶ Workout Programme

We have (6) _____, but we have (7) _____ available. If you're new to the world of sports, we suggest that you kick off your journey with (8) _____ from our coaches⁷.

• Personal Fitness Instructors

We know it's difficult to build a workout plan alone with (9) _____. That's why we have (10) _____ of over 50 instructors here to offer you expert advice.

• 25-Day Tailor-made⁸ Diet Plan

Wondering what to eat in a diet? (11) _____ of cereal? A salad with (12) _____ of vinegar? (13) _____ of skimmed milk every day? Ask our club's resident nutritionist⁹, Dr Mia Harris. She will let you know the benefits of a personalised diet plan¹⁰.

Most gym centres have annual fees, but we have (14) _____. To start your wellness¹¹ journey with us, please dial 2233 2121.



Brain Breaks

'I'm in shape. You know, round is a shape.'



We describe quantity in different ways. Which expressions to use depends on mainly three factors: the quantity, the countability of the noun and the purpose of the sentence.

- I have **a lot of** olive oil but **few** seasonings—only **a packet of** salt left. (the quantity)
- Charlie is asking his mum for **some** advice on how to use only **a little** oil when frying. (the countability of the noun)
- A: Have you made **any** progress? I thought you didn't need **much** help.
B: Well, there has been **no** progress at all. I have **many** things on my plate. (the purpose of the sentence)

Version 1

Ava is writing a blog entry. Read the entry and pay attention to the underlined sentences.

<http://www.livewell.com/healthy-diets>

Four tips for healthy eating

What we eat plays an essential role in maintaining and improving our health. A healthy diet should be balanced and should include a variety of foods that contain the nutrients we need. Here are several tips for choosing the types and portions of food wisely:

A. Eat a lot of fruits and vegetables

(1) Many fruits and vegetables contain vitamins, minerals and other nutrients. These substances can help lower blood pressure and reduce the risk of heart disease. Some of them can even prevent cancer. (2) However, there is not a fruit or vegetable that can provide all the nutrients we need. We should eat a variety of them.

B. Eat more fish

(3) Fish is rich in protein and contains a huge number of vitamins and minerals. There are different types of fish. Oily fish is the most nutritious and is packed with omega-3 fatty acids. These substances keep our hearts and brains healthy. (4) Our bodies produce no omega-3 fatty acids. This is why we have to get them through our diets.

C. Cut down on saturated fat and sugar

We should not eat foods high in saturated fat because they raise our blood cholesterol. (5) We should not eat much sugar since it can make us gain weight easily. (6) A little coke can already provide us more sugar than our bodies need.

D. Consume less salt

Consuming too much salt raises our blood pressure. This increases the risks of strokes and heart attacks. (7) A number of foods that we buy in supermarkets are salted in the first place. (8) Don't assume it is fine to add only a small amount of salt to our food. We may still be eating too much salt.

Version 2

Rewrite the underlined sentences in Version 1 using the given words.

<http://www.livewell.com/healthy-diets>

Four tips for healthy eating

What we eat plays an essential role in maintaining and improving our health. A healthy diet should be balanced and should include a variety of foods that contain the nutrients we need. Here are several tips for choosing the types and portions of food wisely:

A. Eat a lot of fruits and vegetables

(1) Lots of fruits and vegetables contain vitamins, minerals and other nutrients. _____ (*lots of*)

These substances can help lower blood pressure and reduce the risk of heart disease. Some of them can even prevent cancer. (2) _____

_____ (*no*) We should eat a variety of them.

B. Eat more fish

(3) _____ (*many*)

There are different types of fish. Oily fish is the most nutritious and is packed with omega-3 fatty acids. These substances keep our hearts and brains healthy. (4) _____

_____ (*any*) This is why we have to get them through our diets.

C. Cut down on saturated fat and sugar

We should not eat foods high in saturated fat because they raise our blood cholesterol.

(5) _____

_____ (*only a little*) (6) _____

_____ (*two cans of*)

D. Consume less salt

Consuming too much salt raises our blood pressure. This increases the risks of strokes and heart attacks. (7) _____

_____ (*some*) (8) _____

_____ (*a little*) We may still be eating too much salt.