FOOD – COUNTABLE AND UNCOUNTABLE NOUNS

Student’s name__________________________
Date_______________________  Grade_______

COUNTABLE NOUNS
- Nouns you *can count*
- You can use *a / an* in front of countable nouns.
- Nouns that have a plural form.

UNCOUNTABLE NOUNS
- Nouns you *can’t count*
- Nouns that normally don’t have a plural form

- We can make uncountable nouns countable to express quantity. We add a unit or a quantity with “OF”
  e.g. *a bar of chocolate*

a) Color and give the name of each picture, then number them from the one you like the most a last one.

c) Use *a / an* or *some* and write *C* for countable or *U* for uncountable.

- ___ money ___
- ___ ponds _____
- ___ cup of tea____
- ___ sugar____
- ___ bar of chocolate____
- ___ ice-cream ______
- ___ rice ______
- ___ glass of water_______
- ___ coffee ______
- ___ cake _________
- ___ eggs __________
- ___ orange __________
- ___ bunch of grapes______
- ___ coins __________
- ___ apple________
- ___ salt ________

b) Look at the words and select them into the right category


<table>
<thead>
<tr>
<th>Countable</th>
<th>Uncountable</th>
</tr>
</thead>
<tbody>
<tr>
<td>water</td>
<td>cheese</td>
</tr>
<tr>
<td>bread</td>
<td>bread</td>
</tr>
<tr>
<td>lemons</td>
<td>oranges</td>
</tr>
<tr>
<td>chocolate</td>
<td>grapes</td>
</tr>
<tr>
<td>sugar</td>
<td>a bar of</td>
</tr>
<tr>
<td>tea</td>
<td>milk</td>
</tr>
<tr>
<td>milk</td>
<td>a cup of</td>
</tr>
<tr>
<td>coffee</td>
<td>tea</td>
</tr>
<tr>
<td>eggs</td>
<td>grapes</td>
</tr>
<tr>
<td>orange</td>
<td>a bunch of</td>
</tr>
<tr>
<td>bunch</td>
<td>cheese</td>
</tr>
<tr>
<td>of grapes</td>
<td>cheese</td>
</tr>
<tr>
<td>of</td>
<td>bread</td>
</tr>
<tr>
<td>coins</td>
<td>a bar</td>
</tr>
<tr>
<td>apple</td>
<td>cheese</td>
</tr>
<tr>
<td>salt</td>
<td>bread</td>
</tr>
</tbody>
</table>
HOW MUCH...? / HOW MANY...?

- **How much** + uncountable noun  
  E.g. How much ham?

- **How many** + countable noun  
  E.g.: How many rashers and sausages

**d) Ask questions using how much or how many**

(eggs) __________________________________________________________?

(meat) __________________________________________________________?

(jam) __________________________________________________________?

(people) __________________________________________________________?

(flour) __________________________________________________________?

(votes) __________________________________________________________?

(parties) __________________________________________________________?

(oil) ____________________________________________________________?

**d) Choose the correct word / expression and complete the sentences.**

- **how much** – **how many** –

  - _____________________________ sandwiches have you got?
  - _____________________________ milk is there in the fridge?
  - _____________________________ time do you need?
  - _____________________________ fruit can you see on the table?
  - _____________________________ friends have you got?
  - _____________________________ states are there in Mexico?
  - _____________________________ love do you give to your mom?
  - _____________________________ gobernators are there in Mexico?
  - _____________________________ bananas do you eat a day?
Instructions. Surf the internet or other resource to investigate the qualities of a fruit or vegetable. You can type the following question to find out better information “Why is/are______(name of fruit or vegetable) good for us? Use the research to complete the information below.

3. Check or write in the name of the fruit or vegetable you choose to research.

Fruits: ___________

Vegetables: ___________

4. Write a list of the nutrients this fruit or vegetable contains; e.g., types of vitamins or minerals, fiber…etc.

3. Circle one of the nutrients. Explain the health benefits it gives us.

4. Write two interesting facts about your fruit or vegetable.

5. Describe a simple, healthy recipe for people that:

Name of the recipe:

Ingredients:

Steps:
HEALTHY DIET...long life!!!!!!

Read the description of two children in a common day.

Student’s name __________________ Date________________ Grade_____

Abbey gets up at 7:00 am, feeds the dog, and has cereal and a glass of juice for breakfast. She walks to school with her friend, Julia. She has a package of chips for a morning snack, drinks water from the water fountain, and has a chicken and lettuce sandwich with a banana for lunch. She likes to play soccer with her friends at lunch and morning break time. She walks home with Julia, has some crackers with cheese and fruit juice for afternoon snack and plays with the dog for a while. She plays computer games for an hour or two before dinner, then has a shower and does her homework. She watches her favorite television show for an hour, and then usually goes to bed at about 9:30 pm.

Carl gets up at 8:30 am and has two slices of toast with jam with a glass of milk for breakfast. His mother drives him to school on her way to work. He eats cookies and a packaged fruit drink for morning snack and a pot pie ordered from the school cafeteria with a fruit drink for lunch. He likes to play card games with his friends at lunchtime and climb the fixed equipment at morning break time. He catches the bus home, has a cereal bar and a can of soda for afternoon snack, then watches some television. He has a shower before dinner, and then plays the computer for an hour or two. He goes to bed at about 10:30 pm.

1. Use the information from the text to rate the different aspects of the two lifestyles.

<table>
<thead>
<tr>
<th>Health aspects</th>
<th>Abbey</th>
<th>Carl</th>
<th>You</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diet</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sleep</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exercise</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Relaxation</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2. Read the following statements, and then decide if they are true T or false F.
   a) Both of them have a healthy life. _______
   b) Abbey has a glass of milk as a snack. _______
   c) Abbey doesn’t take the bus to get school. _____
   d) Carl plays soccer with his friends _______
   e) Carl get the bus to come back home. _______