

Healthy Habits

Fleydo English School • Teens • A2 • Reading • 30 min

Lesson Objectives

- Read about teens' food diaries
- Know countable vs uncountable nouns
- Use much/many/a lot of/enough
- Use some and any
- Write about eating habits

Part 1: Reading — Food Diary Challenge

Nathan, 15 (unhealthy): Doesn't eat many vegetables — only two portions a week. Doesn't drink much water — mainly fizzy and energy drinks. Has a lot of sugar: biscuits, chocolate, sweets. Eats too many snacks. Doesn't have enough time for breakfast — grabs a cereal bar. Doesn't eat any fruit. Nurse says: more water, fewer snacks, less sugar.

Olivia, 14 (healthy): Eats a lot of fruit and veg — at least five portions daily. Always has breakfast: porridge with some berries. Drinks plenty of water. Doesn't drink much fizzy drink. Brings packed lunch with some fruit and a few nuts. Has a little dark chocolate sometimes. Cooks some of her own meals. Gets enough vitamins.

Nurse's advice: Eat more fruit, drink less sugar, get enough sleep. Small changes make a big difference!

Part 2: Comprehension

1. How many veg portions does Nathan eat weekly? (Two.)
2. What does Nathan drink instead of water? (Fizzy/energy drinks.)
3. How many fruit/veg portions does Olivia eat daily? (At least five.)
4. What can Olivia cook? (Pasta sauces, omelettes, stir-fries.)
5. Nurse's three recommendations? (More fruit, less sugar, enough sleep.)

Part 3: Grammar

Countable vs Uncountable

Countable: apple, biscuit, carrot, egg → many, a few, fewer, How many?

Uncountable: water, sugar, rice, bread → much, a little, less, How much?

□ **much / many / a lot of**

many + countable (neg/Q): He doesn't eat many vegetables.

much + uncountable (neg/Q): She doesn't drink much fizzy drink.

a lot of + both (positive): She eats a lot of fruit.

□ **enough / too much / too many**

enough = right amount. too much + U = too much sugar. too many + C = too many snacks.

□ **some / any + more / less / fewer**

some (positive): She has some berries. any (neg/Q): He doesn't eat any fruit.

less + U: less sugar. fewer + C: fewer snacks. more = both.

□ **Part 4: Quiz**

1. He doesn't eat ___ vegetables. (C, neg.)

a) much b) many c) a lot d) any lot of

2. She doesn't drink ___ fizzy drink. (U, neg.)

a) many b) much c) a few d) fewer

3. She eats ___ fruit and veg. (positive)

a) much b) many c) a lot of d) any

4. He eats too ___ snacks. (C)

a) much b) many c) lot of d) enough

5. Nurse says Nathan needs less ___

a) Water b) Vegetables c) Sugar d) Protein

6. "Eat more fruit, drink ___ sugar."

a) fewer b) less c) not many d) not much

⇒ **Part 5: Fill in the Blanks**


1. Nathan doesn't eat _____ vegetables.
2. He has _____ sugar in his diet.
3. He eats _____ snacks between meals.
4. He doesn't have _____ time for breakfast.
5. He doesn't eat _____ fruit.
6. Olivia eats _____ fruit and vegetables.
7. She doesn't drink _____ fizzy drink.

8. She has _____ berries with porridge.

Answers: 1. many 2. too much 3. too many 4. enough 5. any 6. a lot of 7. much 8. some

Part 6: Speaking & Writing

- Do you eat many vegetables?
- How much water do you drink?
- Do you eat too much sugar?
- What healthy change could you make?

 Write About Your Eating Habits 10-14 sentences. Breakfast, lunch, dinner. How much water, how many snacks, enough fruit? Too much sugar? Changes you could make. Use much/many/a lot of/enough/too much/too many/some/any at least 6 times!

Review Checklist

- I know countable vs uncountable nouns.
- I can use many (C) and much (U).
- I can use a lot of in positive sentences.
- I can use enough / too much / too many.
- I can use some (pos.) and any (neg.).
- I can write about my eating habits.

Well done! You completed Lesson 10: Healthy Habits!

□ Answer Key

Quiz Answers:

1. b) many
2. b) much
3. c) a lot of
4. b) many
5. c) Sugar
6. b) less