

**Grammar**

Count and Noncount Nouns

Quantity Words

**Context**

Nutrition and Health



# 10.1 Count and Noncount Nouns—An Overview

Nouns can be divided into two groups: count and noncount nouns.

EXAMPLES	EXPLANATION
I eat four <b>eggs</b> a week. I eat one <b>apple</b> a day. Do you like <b>grapes</b> ?	Count nouns have a singular and plural form. egg—eggs                      grape—grapes apple—apples
I like <b>milk</b> . I drink <b>coffee</b> every day. Do you like <b>cheese</b> ?	Noncount nouns have no plural form.

## A Healthy Diet

Before  
You Read

1. What kind of food do you like to eat?  
What kind of food do you dislike?
2. What are some popular dishes from  
your country or native culture?



Read the following magazine article. Pay special attention to count and noncount nouns.

It is important to eat well to maintain good **health**.  
A healthy **diet** consists of a **variety** of **foods**.

You need **carbohydrates**. The best carbohydrates come from whole **grain bread**, **cereal**, and **pasta**. Brown **rice** is much healthier than white **rice**. **Sugar** is a carbohydrate too, but it has no real nutritional value.

Of course, you need **fruits** and **vegetables** too. But not all vegetables are equally good. **Potatoes** can raise the sugar in your **blood**, which can be a **problem** for people with diabetes. It is better to eat **carrots**, **broccoli**, **corn**, and **peas**.

You also need **protein**. Red **meat** is high in protein, but a diet with a lot of red meat can cause heart disease, diabetes, and cancer. Better **sources** of protein are **chicken**, **fish**, **beans**, **eggs**, and **nuts**. Some people worry that eggs contain too much **cholesterol**. (Cholesterol is a **substance** found in animal foods.) But recent studies show that eating one egg a **day** is not usually harmful and gives us other nutritional **benefits**.



### Did You Know?

Americans spend \$23.7 billion on vitamin and mineral supplements a year.

Many people think that all fat is bad. But this is not true. The fat in **nuts** (especially **walnuts**) and olive oil is very healthy. The fat in **butter** and **cheese** is not good.

It is not clear how much **milk** and other dairy **products** an **adult** needs. It is true that dairy products are a good source of **calcium**, but a calcium supplement can give you what you need without the fat and **calories** of milk.

The best way to stay healthy is to eat the right kinds of **food**. Food **packages** have information about **nutrition** and **calories**. You should read the package to avoid artificial **ingredients** and high levels of fat and sugar. It is also important to control your **weight** and to exercise every day.

## 10.2 Noncount Nouns

Noncount nouns fall into four different groups.

**Group A: Nouns that have no distinct, separate parts. We look at the whole.**

milk	air	meat
oil	pork	butter
water	cholesterol	poultry
coffee	paper	cheese
tea	soup	
yogurt	bread	



**Group B: Nouns that have parts that are too small or insignificant to count.**

rice	snow	hair
sugar	sand	grass
salt	corn	popcorn



**Group C: Nouns that are classes or categories of things. The members of the category are not the same.**

money (nickels, dimes, dollars)  
food (vegetables, meat, spaghetti)  
candy (chocolates, mints, candy bars)  
furniture (chairs, tables, beds)  
clothing (sweaters, pants, dresses)  
mail (letters, packages, postcards)  
fruit (cherries, apples, grapes)  
makeup (lipstick, blush, eye shadow)  
homework (compositions, exercises, reading)



(continued)

## Group D: Nouns that are abstractions.

love	advice	happiness
life	knowledge	education
time	nutrition	experience
truth	intelligence	crime
beauty	unemployment	music
luck	patience	art
fun	noise	work
help	information	health



### EXERCISE 1 Fill in the blanks with a noncount noun. Answers will vary.

**EXAMPLE** Brown rice is healthier than  
white rice.

1. Babies need to drink a lot of \_\_\_\_\_, but adults don't.
2. Food from animals contains \_\_\_\_\_.
3. Children like to eat \_\_\_\_\_, but it's not good for their teeth.
4. Food packages have information about \_\_\_\_\_.
5. Some people put \_\_\_\_\_ in their coffee.
6. \_\_\_\_\_ is a good source of fat. \_\_\_\_\_ is not a good source of fat.
7. \_\_\_\_\_ contains caffeine. Don't drink it at night.
8. People with high blood pressure shouldn't put a lot of \_\_\_\_\_ on their food.
9. Soda and candy contain a lot of \_\_\_\_\_.

**EXERCISE 2** Fill in the blanks with a noncount noun from the lists on pages 307–308. Answers may vary.

**EXAMPLE** Students at registration need information.

1. I get a lot of \_\_\_\_\_ every day in my mailbox.
2. In the winter, there is a lot of \_\_\_\_\_ in the northern parts of the U.S.
3. In the U.S., people eat \_\_\_\_\_ in a movie theater.
4. Students have to do \_\_\_\_\_ every day.
5. When you walk on the beach, you get \_\_\_\_\_ in your shoes.
6. Money doesn't buy \_\_\_\_\_.
7. Our parents often give us a lot of \_\_\_\_\_ about how to live our lives.
8. Some cities have a lot of \_\_\_\_\_. Many people are without jobs.

## 10.3 Count and Noncount Nouns

EXAMPLES	EXPLANATION
I eat a lot of <b>rice</b> and <b>beans</b> . rice = noncount noun beans = count noun	<i>Count and noncount</i> are grammatical terms, but they are not always logical. <i>Rice</i> is very small and is a noncount noun. <i>Beans</i> and <i>peas</i> are also very small, but they are count nouns.
a. He eats a lot of <b>fruit</b> . a. She bought a lot of <b>food</b> for the party. b. Oranges and lemons are <b>fruits</b> that contain vitamin C. b. <b>Foods</b> that contain a lot of cholesterol are not good for you.	a. Use <i>fruit</i> and <i>food</i> as noncount nouns when you mean fruit and food in general. b. Use <i>fruits</i> and <i>foods</i> as count nouns when you mean kinds of fruit or categories of food.
a. <b>Candy</b> is not good for your health. b. There are three <b>candies</b> on the table.	a. When you talk about candy in general, <i>candy</i> is noncount. b. When you consider individual pieces of candy, you can use the plural form.
<p><b>Language Note:</b>                      Other words that have both a count and a noncount form are: <i>time, experience, life, trouble, noise, pie</i>.</p>	

**EXERCISE 3** Fill in the blanks with the singular or plural form of the word in parentheses ( ). Use the singular for noncount nouns. Use the plural for count nouns.

**EXAMPLE** Add peas to the soup. Then put in some salt.  
(pea) (salt)

- Do you like to eat \_\_\_\_\_?  
(fruit)
- Oranges, grapefruits, and lemons are \_\_\_\_\_ that have a lot of vitamin C.  
(fruit)
- When children eat a lot of \_\_\_\_\_, they sometimes get sick.  
(candy)
- Let's go shopping. There is no \_\_\_\_\_ in the house.  
(food)
- Milk and eggs are \_\_\_\_\_ that contain cholesterol.  
(food)
- She's going to make \_\_\_\_\_ and \_\_\_\_\_ for dinner.  
(rice) (bean)

## 10.4 Describing Quantities of Count and Noncount Nouns

EXAMPLES	EXPLANATION
She ate three <b>apples</b> today. He ate four <b>eggs</b> this week.	We can put a number before a count noun.
I ate two <b>slices of bread</b> . Please buy a <b>bottle of olive oil</b> . She drank three <b>glasses of milk</b> .	We cannot put a number before a noncount noun. We use a unit of measure, which we can count.

### Ways we see noncount nouns:

BY CONTAINER	BY PORTION	BY MEASUREMENT <sup>1</sup>	BY SHAPE OR WHOLE PIECE	OTHER
a bottle of water a carton of milk a jar of pickles a bag of flour a can of soda (pop) <sup>2</sup> a bowl of soup a cup of coffee a glass of milk	a slice (piece) of bread a piece of meat a piece of cake a piece (sheet) of paper a slice of pizza a piece of candy a strip of bacon	a spoonful of sugar a scoop of ice cream a quart of oil a pound of meat a gallon of gasoline	a loaf of bread an ear of corn a piece of fruit a head of lettuce a candy bar a tube of toothpaste a bar of soap	a piece of mail a piece of furniture a piece of advice a piece of information a work of art

<sup>1</sup>For a list of conversions from the American system of measurement to the metric system, see Appendix G.

<sup>2</sup>Some Americans say "soda"; others say "pop."

**EXERCISE 4** Fill in the blanks with a logical quantity for each of these noncount nouns. Answers may vary.

**EXAMPLES** She bought one pound of coffee.

She drank two cups of coffee.

1. She ate \_\_\_\_\_ meat.
2. She bought \_\_\_\_\_ meat.
3. She bought \_\_\_\_\_ bread.
4. She ate \_\_\_\_\_ bread.
5. She bought \_\_\_\_\_ rice.
6. She ate \_\_\_\_\_ rice.
7. She bought \_\_\_\_\_ sugar.
8. She put \_\_\_\_\_ sugar in her coffee.
9. She ate \_\_\_\_\_ soup.
10. She ate \_\_\_\_\_ corn.
11. She bought \_\_\_\_\_ gas for her car.
12. She put \_\_\_\_\_ motor oil into her car's engine.
13. She used \_\_\_\_\_ paper to do her homework.

## 10.5 A Lot Of, Much, Many

Use *many* for count nouns. Use *much* for noncount nouns. Use *a lot of* for both count and noncount nouns.

	COUNT (PLURAL)	NONCOUNT
<b>Affirmative</b>	He baked <b>many</b> cookies. He baked <b>a lot of</b> cookies.	He baked <b>a lot of</b> bread.
<b>Negative</b>	He didn't bake <b>many</b> cookies. He didn't bake <b>a lot of</b> cookies.	He didn't bake <b>much</b> bread. He didn't bake <b>a lot of</b> bread.
<b>Question</b>	Did he bake <b>many</b> cookies? Did he bake <b>a lot of</b> cookies? <b>How many</b> cookies did he bake?	Did he bake <b>much</b> bread? Did he bake <b>a lot of</b> bread? <b>How much</b> bread did he bake?

**Language Notes:**

1. *Much* is rarely used in affirmative statements. Use *a lot of* in affirmative statements.
2. When the noun is omitted (in the following case, *cookies*), use *a lot*, not *a lot of*.  
He baked a lot of cookies, but he didn't eat **a lot**.

**EXERCISE 5** Fill in the blanks with *much*, *many*, or *a lot of*. In some cases, more than one answer is possible.

**EXAMPLES** She doesn't eat much pasta.  
Many American supermarkets are open 24 hours a day.  
A lot of sugar is not good for you.

1. In the summer in the U.S., there's \_\_\_\_\_ corn.
2. Children usually drink \_\_\_\_\_ milk.
3. \_\_\_\_\_ people have an unhealthy diet.
4. I drink coffee only about once a week. I don't drink \_\_\_\_\_ coffee.
5. There are \_\_\_\_\_ places that sell fast food.
6. It's important to drink \_\_\_\_\_ water.
7. How \_\_\_\_\_ glasses of water did you drink today?
8. How \_\_\_\_\_ fruit did you eat today?
9. How \_\_\_\_\_ cholesterol is there in one egg?
10. It isn't good to eat \_\_\_\_\_ candy.
11. We should eat \_\_\_\_\_ vegetables.

## 10.6 A Few, A Little

	EXAMPLES	EXPLANATION
<b>Count</b>	I bought <b>a few</b> bananas. She ate <b>several</b> cookies. She drank <b>a few</b> cups of tea.	Use <i>a few</i> and <i>several</i> with count nouns or with quantities that describe noncount nouns ( <i>cup, bowl, piece, etc.</i> ).
<b>Noncount</b>	He ate <b>a little</b> meat. He drank <b>a little</b> tea.	Use <i>a little</i> with noncount nouns.

**EXERCISE 6** Fill in the blanks with *a few*, *several*, or *a little*.

**EXAMPLES** He has a few good friends.  
 He has a little time to help you.

1. Every day we study \_\_\_\_\_ grammar.
2. We do \_\_\_\_\_ exercises in class.
3. The teacher gives \_\_\_\_\_ homework every day.
4. We do \_\_\_\_\_ pages in the book each day.
5. \_\_\_\_\_ students always get an A on the tests.



6. It's important to eat \_\_\_\_\_ fruit every day.
7. It's important to eat \_\_\_\_\_ pieces of fruit every day.
8. I use \_\_\_\_\_ milk in my coffee.
9. I receive \_\_\_\_\_ mail every day.
10. I receive \_\_\_\_\_ letters every day.

## 10.7 Some, Any, No, and A/An

	SINGULAR COUNT	PLURAL COUNT	NONCOUNT
<b>Affirmative</b>	I ate <b>a</b> peach. I ate <b>an</b> apple.	I ate <b>some</b> peaches. I ate <b>some</b> apples.	I ate <b>some</b> bread.
<b>Question</b>	Do you want <b>a</b> sandwich?	Do you want <b>any</b> fries? Do you need <b>some</b> napkins?	Do you want <b>any</b> salt? Do you need <b>some</b> ketchup?
<b>Negative</b>	I don't need <b>a</b> fork.	There aren't <b>any</b> potatoes in the soup. There are <b>no</b> potatoes in the soup.	There isn't <b>any</b> salt in the soup. There is <b>no</b> salt in the soup.

### Language Notes:

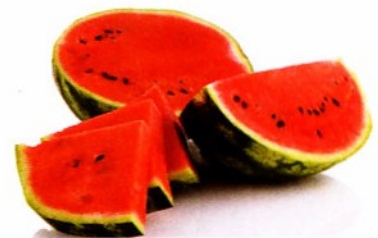
1. We can use *any* or *some* for questions with plural or noncount nouns.
2. Use *any* after a negative verb. Use *no* after an affirmative verb.

*Wrong:* I didn't eat *no* cherries.

**EXERCISE 7** Fill in the blanks with *a*, *an*, *some*, or *any*. In some cases, more than one answer is possible.

**EXAMPLE** I ate an apple.

1. I ate \_\_\_\_\_ corn.
2. I didn't buy \_\_\_\_\_ potatoes.
3. Did you eat \_\_\_\_\_ watermelon?
4. I don't have \_\_\_\_\_ sugar.
5. There are \_\_\_\_\_ apples in the refrigerator.
6. There aren't \_\_\_\_\_ oranges in the refrigerator.
7. Do you want \_\_\_\_\_ orange?
8. Do you want \_\_\_\_\_ cherries?
9. I ate \_\_\_\_\_ banana.
10. I didn't eat \_\_\_\_\_ strawberries.



**EXERCISE 8** Make a statement about people in this class with the words given and an expression of quantity. Practice count nouns.

**EXAMPLES** Vietnamese student(s)  
There are a few Vietnamese students in this class.  
Cuban student(s)  
There's one Cuban student in this class.

- |                                |                        |
|--------------------------------|------------------------|
| 1. Polish student(s)           | 6. man/men             |
| 2. Spanish-speaking student(s) | 7. teacher(s)          |
| 3. American(s)                 | 8. American citizen(s) |
| 4. child(ren)                  | 9. senior citizen(s)   |
| 5. woman/women                 | 10. teenager(s)        |

**EXERCISE 9** Fill in the blanks with an appropriate expression of quantity. In some cases, more than one answer is possible. Practice noncount nouns.

**EXAMPLE** Eggs have a lot of cholesterol.

1. You shouldn't eat so much red meat because meat has \_\_\_\_\_ fat.
2. Only animal products contain cholesterol. There is \_\_\_\_\_ cholesterol in fruit.
3. Diet colas use a sugar substitute. They don't have \_\_\_\_\_ sugar.
4. There is \_\_\_\_\_ sugar in a cracker, but not much.
5. Plain popcorn is healthy, but buttered popcorn has \_\_\_\_\_ fat.
6. Coffee has caffeine. Tea has \_\_\_\_\_ caffeine too, but not as much as coffee.
7. She doesn't drink \_\_\_\_\_ tea. She drinks tea only occasionally.
8. I usually put \_\_\_\_\_ butter on a slice of bread.
9. I'm going to put some sugar in my coffee. Do you want \_\_\_\_\_ sugar in your coffee?
10. My sister is a vegetarian. She doesn't eat \_\_\_\_\_ meat at all. She doesn't eat \_\_\_\_\_ fish or chicken either.

**EXERCISE 10** **ABOUT YOU** Ask a question with *much* and the words given. Use *eat* or *drink*. Another student will answer. Practice noncount nouns.

<b>EXAMPLES</b> candy	orange juice
<b>A:</b> Do you eat much candy?	<b>A:</b> Do you drink much orange juice?
<b>B:</b> No. I don't eat any candy.	<b>B:</b> Yes. I drink a lot of orange juice.

Eat

1. rice
2. fish
3. chicken
4. pork
5. bread
6. cheese

Drink

7. apple juice
8. lemonade
9. milk
10. tea
11. coffee
12. soda or pop

**EXERCISE 11** **ABOUT YOU** Ask a question with “Do you have . . .” and the words given. Another student will answer. Practice both count and noncount nouns.

**EXAMPLES** American friends

**A:** Do you have any American friends?

**B:** Yes. I have a lot of American friends.

free time

**A:** Do you have any free time?

**B:** No. I don't have any free time.

1. money with you now
2. credit cards
3. bread at home
4. bananas at home
5. orange juice in your refrigerator
6. plants in your home
7. family pictures in your wallet
8. time to relax

**EXERCISE 12** This is a conversation between a husband (H) and wife (W). Choose the correct word(s) to fill in the blanks.



CD 2, TR 14

**H:** Where were you today? I called you from work

\_\_\_\_\_ **many** \_\_\_\_\_ times, but there was no answer.  
(examples: much / many)

**W:** I went to the supermarket today. I bought

\_\_\_\_\_ things.  
(1 a little / a few)

**H:** What did you buy?

**W:** There was a special on coffee, so I bought \_\_\_\_\_ coffee.  
(2 a lot of / much)

I didn't buy \_\_\_\_\_ fruit because the prices were very high.  
(3 any / no)

**H:** How \_\_\_\_\_ money did you spend?  
(4 much / many)

**W:** I spent \_\_\_\_\_ money because of the coffee. I bought 10  
one-pound bags.  
(5 much / a lot of)



(continued)

H: It took you a long time.

W: Yes. The store was very crowded. There were \_\_\_\_\_ people  
(6 much / many)  
in the store. And there was \_\_\_\_\_ traffic at that hour,  
(7 a lot of / much)  
so it took me \_\_\_\_\_ time to drive home.  
(8 a lot of / much)

H: There's not \_\_\_\_\_ time to cook.  
(9 much / many)

W: Maybe you can cook today and let me rest?

H: Uh . . . I don't have \_\_\_\_\_ experience. You do it better.  
(10 much / no)  
You have \_\_\_\_\_ experience.  
(11 a lot of / much)

W: Yes. I have \_\_\_\_\_ because I do it all the time!  
(12 a lot of / a lot)

### EXERCISE 13

This is a conversation between a waitress (W) and a customer (C). Fill in the blanks with an appropriate quantity word. In some cases, more than one answer is possible.



CD 2, TR 15

W: Would you like \_\_\_\_\_ coffee, sir?  
(example)

C: Yes, and please bring me \_\_\_\_\_ cream too. I don't  
(1)  
need \_\_\_\_\_ sugar. And I'd like a \_\_\_\_\_ of orange juice too.  
(2) (3)

*A few minutes later:*

W: Are you ready to order, sir?

C: Yes. I'd like the scrambled eggs with three \_\_\_\_\_ of bacon. And some  
(4)  
pancakes too.

W: Do you want \_\_\_\_\_ syrup with your pancakes?  
(5)

C: Yes. What kind do you have?

W: We have \_\_\_\_\_ different kinds: strawberry, cherry, blueberry,  
(6)  
maple . . .

C: I'll have the strawberry syrup. And bring me \_\_\_\_\_ butter too.  
(7)

*After the customer is finished eating:*

W: Would you like \_\_\_\_\_ dessert?  
(8)

C: Yes. I'd like a \_\_\_\_\_ cherry pie. And put \_\_\_\_\_ ice cream on  
(9) (10)  
the pie. And I'd like \_\_\_\_\_ more coffee, please.  
(11)



After the customer eats dessert:

**W:** Would you like anything else?

**C:** Just the check. I don't have \_\_\_\_\_ cash with me. Can I pay by credit card?  
(12)

**W:** Of course.

## Eat Less, Live Longer

Before

You Read

1. Do you think the American diet is healthy?
2. Do you see a lot of overweight Americans?



**Read the following magazine article. Pay special attention to *too much, too many, and a lot of.***

About 66% of Americans are overweight. The typical American consumes **too many** calories and **too much** fat and doesn't get enough exercise. Many American children are overweight too. Children spend **too much** time in front of the TV and not enough time getting exercise. Fifty percent of commercials shown during children's programs are for food products. Children see as many as 21 commercials advertising food per day.



Fifty percent of American pets are overweight too. Like their owners, they eat **too much** and don't get enough exercise.

There is evidence that eating fewer calories can help us live longer. Doctors studied the people on the Japanese island of Okinawa, who eat 40% less than the typical American. The Okinawan diet is low in calories and salt. Also Okinawans eat **a lot of** fruit, vegetables, and fish and drink **a lot of** green tea and water. Okinawa has **a lot of** people over the age of 100.

How can we live longer and healthier lives? The answer is simple: eat less and exercise more.

## 10.8 A Lot Of vs. Too Much/Too Many

EXAMPLES	EXPLANATION
<p>It is good to eat <b>a lot of</b> fruit.</p> <p>In Okinawa, there are <b>a lot of</b> people over the age of 100.</p> <p>I don't eat <b>a lot</b> in the morning.</p>	<p><i>A lot (of)</i> shows a large quantity. It is a neutral term.</p>
<p>You shouldn't eat a lot of ice cream because it has <b>too many</b> calories.</p> <p>If you drink <b>too much</b> coffee, you won't sleep tonight.</p>	<p><i>Too much</i> and <i>too many</i> show that a quantity is excessive and causes a problem.</p> <p>Use <i>too many</i> with count nouns.</p> <p>Use <i>too much</i> with noncount nouns.</p>
<p>If you eat <b>too much</b>, you will gain weight.</p>	<p>Use <i>too much</i> after verbs.</p>

**EXERCISE 14** Circle the correct words to fill in this conversation between a mother (M) and her 12-year-old son (S).



**M:** I'm worried about you. You spend too (*much* / *many*) hours in front of the TV. And you eat too (*much* / *many*) junk food and don't get enough exercise. You're getting fat.

**S:** Mom. I know I watch (*a lot of* / *a lot*) TV, but I learn (*a lot* / *a lot of*) from TV.



- M:** No, you don't. Sometimes you have (*a lot of / too much*)<sup>(4)</sup> homework, but you turn on the TV as soon as you get home from school. I'm going to make a rule: no TV until you finish your homework.
- S:** Oh, Mom. You have too (*much / many*)<sup>(5)</sup> rules.
- M:** That's what parents are for: to guide their kids to make the right decisions. There are (*a lot of / too many*)<sup>(6)</sup> things to do besides watching TV. Why don't you go outside and play? When I was your age, we played outside.
- S:** "When I was your age." Not again. You always say that.
- M:** Well, it's true. We had (*too much / a lot of*)<sup>(7)</sup> fun outside, playing with friends. I didn't have (*a lot of / too much*)<sup>(8)</sup> toys when I was your age. And I certainly didn't have video games or computer games. Also we helped our parents (*a lot / too much*)<sup>(9)</sup> after school. We cut the grass and washed the dishes.
- S:** My friend Josh cuts the grass, throws out the garbage, and cleans the basement once a month. His mom pays him (*too much / a lot of*)<sup>(10)</sup> money for doing it. Maybe if you pay me, I'll do it.
- M:** Not again. "Josh does it. Josh has it. Why can't I?" You always say that. You're not Josh, and I'm not Josh's mother. I'm not going to pay you for things you should do.
- S:** OK. Just tell me what to do, and I'll do it.
- M:** There are (*a lot of / too much*)<sup>(11)</sup> leaves on the front lawn. Why don't you start by putting them in garbage bags? And you can walk Sparky. He's getting fat too. He eats (*too much / too many*)<sup>(12)</sup> and sleeps all day. Both of you need more exercise.



**EXERCISE 15 ABOUT YOU** Fill in the blanks with *much* or *many*, and complete each statement.

**EXAMPLE** If I drink too much coffee, I won't be able to sleep tonight.

1. If the teacher gives too \_\_\_\_\_ homework, \_\_\_\_\_

2. If I take too \_\_\_\_\_ classes, \_\_\_\_\_  
\_\_\_\_\_
3. If I eat too \_\_\_\_\_ candy, \_\_\_\_\_  
\_\_\_\_\_
4. If I'm absent too \_\_\_\_\_ days, \_\_\_\_\_  
\_\_\_\_\_

## 10.9 Too Much/Too Many vs. Too

EXAMPLES	EXPLANATION
I don't eat ice cream because it's <b>too</b> fattening. He needs to eat more. He's <b>too</b> thin.	Use <i>too</i> with adjectives and adverbs.
I don't eat ice cream because it has <b>too many</b> calories and <b>too much</b> fat.	Use <i>too much</i> and <i>too many</i> before nouns.

### EXERCISE 16 Fill in the blanks with *too*, *too much*, or *too many*.

**Situation A.** Some students are complaining about the school cafeteria. They are giving reasons why they don't want to eat there.

**EXAMPLE** It's \_\_\_\_\_ *too* \_\_\_\_\_ noisy.

1. The food is \_\_\_\_\_ greasy.
2. There are \_\_\_\_\_ students. I can't find a place to sit.
3. The lines are \_\_\_\_\_ long.
4. The food is \_\_\_\_\_ expensive.
5. There's \_\_\_\_\_ noise.

**Situation B.** Some students are complaining about their class and school.

1. The classroom is \_\_\_\_\_ small.
2. We spend \_\_\_\_\_ time reviewing old lessons.
3. We have to write \_\_\_\_\_ compositions.
4. The teacher gives \_\_\_\_\_ homework.
5. There are \_\_\_\_\_ tests.



**EXERCISE 17** **ABOUT YOU** Write a few sentences to complain about something: your apartment, your roommate, this city, this college, and so on. Use *too*, *too much*, or *too many* in your sentences.

**EXAMPLE** My roommate spends *too much* time in the bathroom in the morning.  
He's *too messy*.<sup>3</sup>

---

---

---

---

**EXERCISE 18** Fill in the blanks with *too*, *too much*, or *too many* if a problem is presented. Use *a lot of* if no problem is presented.

**EXAMPLE** Strawberries are           *too*           expensive this week. Let's not buy them.

1. There are \_\_\_\_\_ noncount nouns in English.
2. "Rice" is a noncount noun because the parts are \_\_\_\_\_ small to count.
3. If this class is \_\_\_\_\_ hard for you, you should go to a lower level.
4. Good students spend \_\_\_\_\_ time doing their homework.
5. If you spend \_\_\_\_\_ time watching TV, you won't have time for your homework.
6. It takes \_\_\_\_\_ time to learn English, but you can do it.
7. Oranges have \_\_\_\_\_ vitamin C.
8. If you are on a diet, don't eat potato chips. They have \_\_\_\_\_ calories and \_\_\_\_\_ fat.
9. Babies drink \_\_\_\_\_ milk.
10. If you drink \_\_\_\_\_ coffee, you won't sleep.

<sup>3</sup>A messy person does not put his or her things in order.

**EXERCISE 19**

A doctor (D) and patient (P) are talking. Fill in the blanks with an appropriate quantity word or unit of measurement to complete this conversation. In some cases, more than one answer is possible.



**D:** I'm looking at your lab results and I see that your cholesterol level is very high. Also your blood pressure is too high.  
(example)

Do you use \_\_\_\_\_ salt on your food?  
(1)

**P:** Yes, Doctor. I love salt. I eat \_\_\_\_\_ potato chips and popcorn.  
(2)

**D:** That's not good. You're overweight too. You need to lose 50 pounds. What do you usually eat?

**P:** For breakfast I usually grab \_\_\_\_\_ coffee and a doughnut. I don't have \_\_\_\_\_ time for lunch, so I eat \_\_\_\_\_ cookies and drink \_\_\_\_\_  
(3) (4) (5) (6)

soda while I'm working. I'm so busy that I have \_\_\_\_\_ time to cook at all. So for dinner, I usually stop at a fast-food place and get a burger and fries.  
(7)

**D:** That's a terrible diet! How \_\_\_\_\_ exercise do you get?  
(8)

**P:** I never exercise. I don't have \_\_\_\_\_ time at all. I own my own business and I have \_\_\_\_\_ work. Sometimes I work 80 hours a week.  
(9) (10)

**D:** I'm going to give you an important \_\_\_\_\_ advice. You're going to have to change your lifestyle.  
(11)

**P:** I'm \_\_\_\_\_ old to change my habits.  
(12)

**D:** You're only 45 years old. You're \_\_\_\_\_ young to die.  
(13)

And if you don't change your habits, you're going to have a heart attack. I'm going to give you a booklet about staying healthy. It has \_\_\_\_\_ information that will teach you about diet and exercise. Please read it and come back in six months.  
(14)



# Summary of Lesson 10

Words that we use before count and noncount nouns:

WORD	COUNT (SINGULAR) EXAMPLE: <i>BOOK</i>	COUNT (PLURAL) EXAMPLE: <i>BOOKS</i>	NONCOUNT EXAMPLE: <i>TEA</i>
the	x	x	x
a	x		
one	x		
two, three, etc.		x	
some (affirmatives)		x	x
any (negatives and questions)		x	x
no	x	x	x
a lot of		x	x
much (negatives and questions)			x
many		x	
a little			x
a few		x	
several		x	

## Editing Advice

1. Don't put *a* or *an* before a noncount noun.

*some*

I want to give you ~~an~~ advice.

2. Noncount nouns are always singular.

*a lot of*

My mother gave me ~~many~~ advices.

*pieces of*

He received three ~~mails~~ today.

3. Don't use a double negative.

*any*

He doesn't have ~~no~~ time. OR *He has no time.*

4. Don't use *much* with an affirmative statement.

Uncommon: There was much rain yesterday.

Common: There was a lot of rain yesterday.

5. Don't use *a* or *an* before a plural noun.

She has ~~a~~ blue eyes.

6. Use the plural form for plural count nouns.

He has a lot of friend<sup>s</sup>.

7. Omit *of* after *a lot* when the noun is omitted.

My English teacher gives a lot of homework. My math teacher gives a lot ~~of~~ too.

8. Use *of* with a unit of measure.

I ate three pieces<sup>of</sup> bread.

9. Don't use *of* after *many*, *much*, *a few*, or *a little* if a noun follows directly.

She has many ~~of~~ friends.

He put a little ~~of~~ milk in his coffee.

10. Only use *too/too much/too many* if there is a problem.

He has a good job. He earns <sup>a lot of</sup> ~~too much~~ money.

My grandfather is <sup>very</sup> ~~too~~ healthy.

11. Don't use *too much* before an adjective or adverb.

I don't want to go outside today. It's ~~too much~~ hot.

12. Don't confuse *too* and *to*.

If you eat <sup>too</sup> ~~to~~ much candy, you'll get sick.

## Editing Quiz

Some of the shaded words and phrases have mistakes. Find the mistakes and correct them. If the shaded words are correct, write C.

My parents gave me **a** good advice: stay healthy. They told me to get good **nutrition** and exercise every day. My parents follow their own advice, and, as a result, they're **too** healthy. I try to follow their **advices** but sometimes I can't. I'm very busy, and sometimes I don't have **no** time for exercise. When I was in high school, I had a lot of free time, but now I don't have **a lot of**. So for breakfast, I just have a **cup** coffee with a **little** of sugar and **two pieces** of toasts.

I have **a lot of** friend at college, and we often go out to eat after class. But they always want to go to **a fast food** places. I know the food is **too much** greasy. When I suggest a healthier restaurant, they say it's **to** expensive. When I get home from work at night, I just heat up a frozen dinner. I know this is not healthy, but what can I do?

## Lesson 10 Test/Review

**PART 1** Fill in the blanks with an appropriate measurement of quantity. Answers may vary.

**EXAMPLE** a cup of coffee

1. a \_\_\_\_\_ of water
2. a \_\_\_\_\_ of sugar
3. a \_\_\_\_\_ of milk
4. a \_\_\_\_\_ of furniture
5. a \_\_\_\_\_ of soup
6. a \_\_\_\_\_ of mail
7. a \_\_\_\_\_ of advice
8. a \_\_\_\_\_ of gasoline
9. a \_\_\_\_\_ of paper
10. a \_\_\_\_\_ of toothpaste

**PART 2** Read the following composition. Choose the correct quantity word or indefinite article.

I had some problems when I first came to the U.S. First, I didn't have \_\_\_\_\_ money. \_\_\_\_\_ friends of mine lent me \_\_\_\_\_ money, but I didn't feel good about borrowing it.

(example: some / any / a little)  
(1 much / a / some)      (2 A few / A little / A few of)      (3 some / a / any)

Second, I couldn't find \_\_\_\_\_ apartment. I went to see \_\_\_\_\_ apartments, but I couldn't afford \_\_\_\_\_ of them. For \_\_\_\_\_ months, I had to live with my uncle's family, but the situation wasn't good.

(4 a / an / no)      (5 some / a little / an)  
(6 an / any / none)      (7 a little / a few of / several)

Third, I started to study English, but soon found \_\_\_\_\_ job and didn't have \_\_\_\_\_ time to study. As a result, I was failing my course.

(8 a / any / some)  
(9 no / much / a few)

However, little by little my life started to improve, and I don't need \_\_\_\_\_ help from my friends and relatives anymore.

(10 no / some / much)

## Expansion




### Classroom

#### Activities

**1** Make a list of unhealthy things that you eat. Make a list of things that you need to eat for a healthy diet.

Unhealthy things I eat	Things I should eat

**2** These are some popular foods in the U.S. Put a check (✓) in the column that describes your experience of this food. Then find a partner and compare your list to your partner's list.

Food	I Like	I Don't Like	I Never Tried
pizza hot dogs submarine sandwiches tacos hamburgers breakfast cereal peanut butter cheesecake tortilla chips potato chips popcorn chocolate chip cookies fried chicken pretzels		✓	
			
			

**3** Cross out the phrase that doesn't fit and fill in the blanks to make a true statement about the U.S. or another country. Find a partner and compare your answers.

**EXAMPLE** People in Argentina eat/~~don't eat~~ a lot of meat.

- People in \_\_\_\_\_ eat/~~don't eat~~ \_\_\_\_\_ natural foods.
- People in \_\_\_\_\_ drink/~~don't drink~~ \_\_\_\_\_ tea.
- People in \_\_\_\_\_ shop/~~don't shop~~ for food every day.
- People in \_\_\_\_\_ eat/~~don't eat~~ in a movie theater.
- People in \_\_\_\_\_ drink/~~don't drink~~ \_\_\_\_\_ bottled water.

## Talk

### About It

**1** Look at the dialogue that takes place in a restaurant on pages 316–317. Do you think this man is eating a healthy breakfast? Why or why not?

**2** Americans often eat some of these foods for breakfast: cereal and milk, toast and butter or jelly, orange juice, eggs, bacon, coffee. Describe a typical breakfast for you.

- ③ Most American stores sell products in containers: bags, jars, cans, and so forth. How do stores in other countries sell products?
- ④ Do stores in other countries give customers bags for their groceries, or do customers have to bring their own bags to the store?
- ⑤ Some things are usually free in an American restaurant: salt, pepper, sugar, cream or milk for coffee, mustard, ketchup, napkins, water, ice, coffee refills, and sometimes bread. Are these things free in a restaurant in other countries?
- ⑥ The following saying is about food. Discuss the meaning. Do you have a similar saying in your native language?

*You are what you eat.*

## Write

### About It

- ① Describe shopping for food in the U.S. or in another country. You may include information about the following:
  - packaging
  - open market vs. stores
  - self-service vs. service from salespeople
  - shopping carts
  - fixed prices vs. negotiable prices
  - freshness of food
- ② Describe food and eating habits in your native country.

#### Food in Mexico

In my country, Mexico, we have our main meal in the middle of the day. We eat a lot of rice and beans. We don't use much bread, like Americans do. Instead, we eat tortillas with most of our meals . . .



For more practice using grammar in context, please visit our Web site.