

Добрый день!

1. Look at the photo of Michael. Do you think he has any unhealthy habits?

Read what he says about his life.

Make a list of the things he does that are:

- good for him;
- bad for his health.



Exercise

I know I'm too fat because I don't do enough exercise. I spend too much time sitting in the office. All I do is play football, but I don't play very often – about once a month. I can't go to the gym because I never have enough time to do that.

Diet

I eat quite a lot of vegetables and a lot of fruit, but I probably eat too much meat. My girlfriend says I don't drink enough water. I drink a little beer after work on Fridays, but I don't drink any strong alcohol. I drink a lot of coffee. It goes with the office job.

Lifestyle

Like everybody I'm too busy! There aren't enough hours in the day. I love my job but I work too much (sometimes I spend ten hours a day in the office – that's too many), and I often don't sleep

enough. I often feel tired and stressed. I smoke a few cigarettes when I go out, but I'm not a regular smoker. I live in Scotland where we don't get much sunshine, and it's quite depressing.

Personality

I'm quite pessimistic. I always think that things will go wrong, and they usually do, especially at work.

Social life

I don't have much free time but I have a few close friends and I try to see them regularly. If I'm too busy then I phone them.

Cover the text and complete the sentences about Michael:

- Michael doesn't do enough _____.
- He plays _____ about once a month.
- He never has time to go to the _____.

- d. Michael eats too much _____.
- e. He drinks a lot of _____ because he works in an office.
- f. He often feels _____ and _____.
- g. He is not a _____ smoker.
- h. In Scotland, where he lives, there isn't much _____.
- i. Michael is quite _____ because he usually expects things to go wrong.
- j. He sees his _____ friends regularly.

2. Grammar

Match the halves of the sentences.

| | |
|------------------------------------|---------------------------------------|
| 1. I'm stressed. I have ... | a. ... early enough. |
| 2. He works ... | b. ... too much work. |
| 3. My diet is unhealthy. I eat ... | c. ... enough water. |
| 4. I spend ... | d. ... too tired. |
| 5. I don't want to go out. I'm ... | e. ... big enough. |
| 6. I don't drink ... | f. ... sleep enough. |
| 7. She is tired. She doesn't ... | g. ... too much time on the Internet. |
| 8. My room isn't ... | h. ... too many sweets and cakes. |
| 9. I don't go to bed ... | i. ... too much. |

Read and learn more about **quantifiers** (выражения, обозначающие количество).

- Выражения **too much, too many, too** употребляются для того, чтобы раскритиковать количество чего-либо (это слишком!).
- Используйте **too much + неисчисляемое существительное или глагол + too much**.
*I have **too much** work. He talks **too much**.*
- Используйте **too many + исчисляемое существительное в форме множественного числа**.
*You have **too many** rooms for just two people.*
- Используйте **too + прилагательное**.
*She is **too** lazy.*
- Выражение **enough + существительное** употребляется для того, подчеркнуть, что «это всё, что необходимо». **Enough** используется также с

глаголом, прилагательным и наречием. Запомните правильный порядок слов в этих словосочетаниях!

enough + существительное

глагол + enough.

прилагательное / наречие + enough.

*I don't drink **enough** water. I don't practice **enough**. I'm not good **enough** for this job. I don't study hard **enough**.*

3. Choose the correct option.

- a. I eat too / too much chocolate.
- b. I eat too much / too many crisps.
- c. Do you eat enough vegetables / vegetables enough?
- d. I can't walk to university. It's too / too much far.
- e. I don't go out enough / enough go out.
- f. You study too much / too many.
- g. My English isn't good enough / enough good.
- h. I can't come. I'm too busy / too much busy.
- i. You eat too much / enough red meat. It isn't good for you.
- j. How much / how many water do you drink a day?
- k. Are you well enough / enough well to go to training today?
- l. How was the exam? – It was OK. I wasn't too / enough nervous.
- m. I think I don't study hard enough / enough hard.

4. Think about your lifestyle. Make two lists:

- a. 4 things that you do that are good for your health
- b. 4 any unhealthy habits that you have

Use the plan to describe your lifestyle. **Use the quantifiers *too, too many, too much, enough.***

- **Exercise**
- **Diet**
- **Personality**
- **Social life**

