

Highlight English

Just for you

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3.17 In my fridge.

* Food containers and vocabulary .



Listen to the next conversation, then practice What do you have in your refrigerator?



Conversation 1.



"Let's see, um, a carton of eggs, some bananas, half a pound of bacon, a few slices of ham , a jar of mayonnaise, and a little butter. Um, there aren't many vegetables. There are just a few broccoli going bad in the vegetable drawer. I guess I should eat more vegetables."

Conversation 2.



"Oh, there's lots of things. There's fruit - grapes, mangoes, a watermelon and some peaches. I always have plenty of fresh vegetables - spinach, tomatoes, and chili peppers zucchini, cabbage . And there's a carton of mango juice and carton of almond milk.

I usually buy coconut oil. And then in the freezer there are one or two frozen desserts, but not many. We eat very few desserts."

Conversation 3.



"Well, there's very little food in there because I eat out most nights. So there's just a loaf of bread, a gallon of milk, a few cans of soda, and a jar of pickles and some frozen meals. Yeah, there's not much food in the house."

What do you have in your refrigerator?



Uncountable nouns.

- We have **a little** butter in the fridge. = some
- There's **very little** food.= not a lot
- I'm trying to eat **less** fat.
- There's not **much** food in the house.

Countable nouns.

- We have **a few** slices of cheese. = some
- We eat **very few** frozen meals. = not a lot
- Almond **milk** has fewer calories.
- There aren't **many** vegetables.

Food containers

- a carton of juice => two cartons of juice
- a loaf of bread => two loaves of bread

Weights and measures

- a **liter** of // a **quart** of
- a **kilo** of // a **pound** of
- 1 **liter** = 1.1 **quarts**
- 1 **kilo** = 2.2 **pounds**
 - **kilo** = kilogram

Choose the correct words to complete the sentences

In my refrigerator, there's always a **jar** || **a jar of** spaghetti sauce and **a quart of** || **a few** milk

In my kitchen cabinet, there's **package of** || **a package of** rice and **a little** || **a bag of** chips.

I try to eat healthily, so I eat **a few** || **not much** vegetables and **a little** || **very little** fruit every day

I've bought **very few** || **very little** meat and **very few** || **very little** cookies recently.

I should eat **less** || **fewer** junk food. I know it doesn't have **much** || **many** vitamins.

Choose the correct words to complete the sentences

I eat **less** || **little** fast food than I used to, though I still enjoy **a little** || **a few** fries when I can!

Yesterday, I had **a little** || **a few** chocolate as a treat.

We always keep a few basics in the house: a couple of **loaves of** || **loaf** of bread, some **cartons of** || **carton of** milk, **a few slices of** || **a few** cheese, and **a few** || **a little** eggs.

Group work: Discuss your beliefs about food. Do you agree? What other beliefs are there?

**Chocolate is very good
for your health and
improves your mood.**

**A cup of coffee everyday
is very good for your
health**

**You should try to eat nine
servings of fruit and
vegetables everyday**

**Eating less food can help
you live longer**

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¿Quieres aprender Ingles con un nuevo método mixto que te permita ser autodidacta, avanzar a tu propio ritmo y a cualquier hora, pero que al mismo tiempo te de la opción de solicitar asesorías para aquellos temas que te parecen mas complicados?

Unete a nuestros grupos de estudio donde contaras con:

- * Material para todas tus clases
- * Clases presenciales o método autodidacta según te parezca mas cómodo
- * Retroalimentación cada semana
- * Acceso a la Plataforma Multimedia
- * Profesores calificados con años de experiencia

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