

UNIT 5

Language focus

1 Mass and count nouns

Read the leaflet. Underline the correct alternative.

Lifestyle FITNESS STUDIO



Everybody wants good health / a good health¹. At **LIFESTYLE** we help you to get fit and stay fit. We offer regular training / a regular training² with a personalized fitness programme.

Our new fitness studio has all the fitness machine / machines³ and other equipment / equipments⁴ you need. Personal trainers, Jill and Nick, are there to give advice / advices⁵.



In today's busy world, people don't have a lot of time / times⁶ for exercise. Research / Researches⁷ suggests that 'little and often' is good for you. So try to visit us three times a week. You'll soon start to see positive result / results⁸.

And it isn't all hard work / a hard work⁹. After your workout, stop at our Lifestyle Restaurant and enjoy a healthy meal. A relaxation / Relaxation¹⁰ is good for you too!

For more information / informations¹¹
call us on 01367 712399.

2 Mass and count nouns: general and specific meaning

Complete the pairs of sentences. Use the singular or plural form of the nouns in the box.

business	food	life	sport
exercise	fruit	noise	time

- 1 a Tony goes to Lifestyle fitness studio four times a week.
b It takes time to get fit.
- 2 a Doctors all say the same thing: look after your heart and do regular _____.
b I'm going to teach you some _____ to improve your general fitness.
- 3 a Try to eat only small amounts of fatty _____ like cheese and butter.
b I love the _____ at the new Italian restaurant.
- 4 a It's important to eat lots of _____ and vegetables.
b There are several _____ that will give you lots of Vitamin C – oranges, for example.
- 5 a How can you enjoy _____? You just work all the time!
b My colleagues all lead very interesting _____.
- 6 a My office is large and crowded so _____ is a problem.
b My computer isn't working – it's making strange _____!
- 7 a My two favourite _____ are football and tennis.
b My company has excellent facilities for _____ and leisure.
- 8 a This is a good year for a lot of small _____ like Lifestyle.
b I think _____ is going to be even better next year.

3 much, many, and a lot of

Complete the sentences. Use *much*, *many*, or *a lot of*.

- 1 I eat a lot of fresh fruit every day.
- 2 My children don't eat _____ sweets or cakes.
- 3 Do you have _____ time for relaxation?
- 4 _____ fat in your diet is bad for your health.
- 5 There aren't _____ fitness machines at the new gym, are there?
- 6 I don't drink _____ alcohol – just a glass of wine at the weekend.
- 7 My personal trainer gave me _____ advice on keeping fit.
- 8 How _____ hours do you spend working at a computer each day?



4 much and many, a little, and a few

Complete the conversation. Use *How much / many* and *Only a little / a few*.


- TRAINER *How much* ¹ time do you spend at the gym each week?
 LISA _____ ² . I'm very busy at work at the moment.
 TRAINER _____ ³ hours a week do you train?
 LISA _____ ⁴ – perhaps two hours a week.
 TRAINER That's not enough! _____ ⁵ other exercise do you do?
 LISA _____ ⁶ – but I try to go walking at the weekend.
 TRAINER _____ ⁷ kilometres do you usually walk?
 LISA _____ ⁸ , I'm afraid. I always feel tired and stressed after a week at the office.
 TRAINER Well, after a few weeks with me, you're going to reduce your stress and get your energy back!

5 Mass and count nouns: *a, some, and any*

Complete the five conversations at the Lifestyle Restaurant. Use *a, some, or any*.

- BOB Let's go in and have *some* ¹ lunch.
 JULES I don't have _____ ² money with me.
 BOB That's OK. I've got _____ ³ cash.
 MARIA Do you have _____ ⁴ table for four?
 WAITER Yes, of course, right here. ... Would you like _____ ⁵ drinks?
 MARIA Could we just have _____ ⁶ mineral water? Two bottles, please.
 STEFI Do you have _____ ⁷ vegetarian dishes?
 WAITER Yes, certainly. You'll find _____ ⁸ vegetarian menu on the next page.
 WAITER Would you like to order now?
 JACK Please. I'll have _____ ⁹ onion soup and _____ ¹⁰ chicken sandwich.
 WAITER Would you like ice and lemon with your mineral water?
 JOSIE _____ ¹¹ ice, please, but I don't want _____ ¹² lemon, thanks.


6 Practice drills: any, a little, a few, much, many

 **5.1, 5.2** Follow the instructions on the Student's CD/Cassette. If necessary, refer to the Listening scripts on p.82.



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Pronunciation Word stress

 **5.3** Listen to the examples and notice the different stress patterns.

• •	• •	• • •
fitness	machine	calories

Put the words in the box in the correct column.

advice	culture	leisure	result	training
amount	energy	oranges	studio	

• •	• •	• • •
_____	_____	_____
_____	_____	_____
_____	_____	_____

 **5.3** Listen and repeat the words.

Wordpower

Food

1 Circle the word that doesn't belong in each group.

- | | | | |
|-------------|------------|---------|---------------|
| 1 duck | beef | pork | <u>salmon</u> |
| 2 pear | red pepper | grape | apple |
| 3 grill | fry | cut | roast |
| 4 chicken | tuna | prawn | sole |
| 5 courgette | peach | cabbage | potato |
| 6 wine | beer | cider | mineral water |
| 7 frozen | cold | cutlet | warm |
| 8 onion | cucumber | tomato | cheese |

2 Complete the sentences. Use the words in the box.

boil fry grill roast

Cooking methods

- _____ the chicken breasts under a medium heat for twenty minutes, turning once.
- _____ the fish in butter in a large pan for eight minutes.
- _____ the potatoes in salted water for about fifteen minutes.
- _____ the lamb in the oven for two hours.

3 Match the pictures to the dishes on the menu.

menu

starters

- 1 Warm chicken salad (slices of chicken with roast peppers, courgettes, and onions) d
- 2 Vegetable soup with fresh bread rolls ____

main courses

- 3 Grilled salmon and lemon sauce with fried potatoes and green beans ____
- 4 Roast lamb with boiled potatoes and fried aubergines ____
- 5 Sirloin steak with French fries and grilled tomatoes ____

desserts

- 6 Fresh fruit salad (pears, bananas, strawberries, grapes) ____
- 7 Apple pie with cream ____
- 8 Selection of cheeses ____



At a restaurant

Complete the two conversations. Use the phrases in the box.

how about the main course?	What do you recommend?
Thank you for a wonderful meal.	Yes, I'd like to try that.
Would you like some more?	Thanks. Just a little.
Thank you, but I couldn't eat any more.	

Conversation 1

HOST Right. Let's order.

GUEST Oh, I'm afraid I don't know anything about Japanese food. _____ 1

HOST Well, for a starter, what about *yakitori*?

GUEST *Yakitori*? What's that?

HOST It's small kebabs, with pieces of chicken and a vegetable called *naganegi*. _____ 2

GUEST _____ 3

HOST Now, _____ 3
The *shabushabu* is usually very good here.

GUEST What's *shabushabu*?

HOST It's thin pieces of beef and various vegetables which we cook at the table.

GUEST Fine. I'll have that.

Conversation 2

GUEST Mm. This drink is delicious, but it's quite strong. What is it?

HOST *Umeshu*. It's a type of spirits made from barley and plums. _____ 4

GUEST _____ 5

HOST Now, what about a dessert?

GUEST _____ 6


HOST Are you sure? Would you like coffee, then?

GUEST Yes, that would be very nice. _____ 7

HOST You're welcome.

 5.4 Listen to the conversations and check your answers.

 5.5 Listen and repeat the phrases on the Student's CD/Cassette.

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