

# 7 B

**G** how much / how many?, quantifiers: a lot, not much, etc.  
**V** drinks  
**P** /w/, /v/, and /b/

How much water do you drink?  
 Not much.

## How much water do we really need?

### 1 PRONUNCIATION /w/, /v/, and /b/

a **73** Listen and repeat the sounds and words.



b **74** Listen and practise the dialogue.

**V** Would you like a beer, Bill?  
**B** No, thanks, Vicky. A whisky and water.  
**V** Do you want some biscuits or a sandwich?  
**B** A sandwich.  
**V** Brown bread or white bread?  
**B** Brown bread. It's very good for you.



### 2 SPEAKING

- a Read the introduction and the questionnaire.
- b In pairs, interview your partner. Who drinks more water?

### 3 GRAMMAR how much / how many?, quantifiers

a Complete the questions with *How much* or *How many*.

- 1 \_\_\_\_\_ litres of water do you drink?
- 2 \_\_\_\_\_ mineral water do you drink?

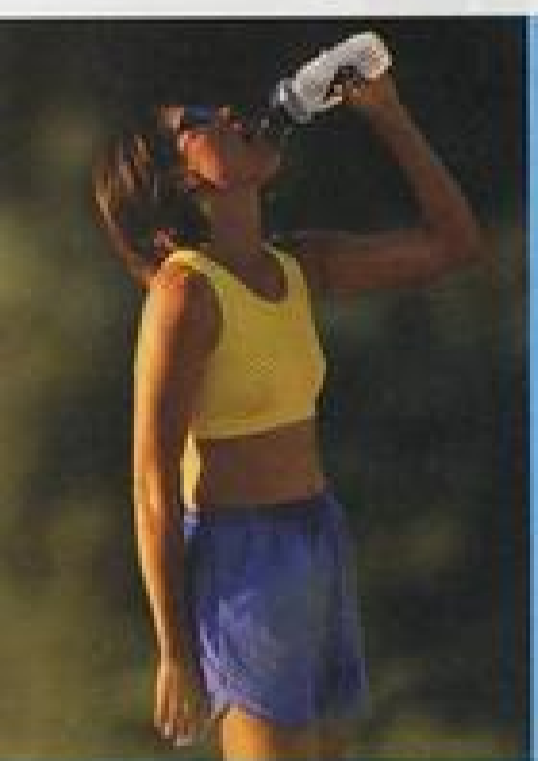
b Match the sentences and pictures.

1 I don't drink any water.	<input type="checkbox"/>
2 I don't drink much water.	<input type="checkbox"/>
3 I drink quite a lot of water.	<input type="checkbox"/>
4 I drink a lot of water.	<input type="checkbox"/>

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>

c **p.134 Grammar Bank 7B.** Read the rules and do the exercises.



## How much water do YOU drink?

What do many people take with them everywhere these days? A bag? A mobile? A credit card? Yes, but also a bottle of mineral water. In magazines today there are many articles telling us that we need to drink a lot of water to be healthy and beautiful.

- 1 How much water do you drink a day?**
  - a I drink a lot of water. (2+ litres)
  - b I drink quite a lot of water. (1-2 litres)
  - c I don't drink much water. (0-1 litre)
  - d I don't drink any water. (0)
- 2 When do you drink water?**
  - a Very often.
  - b Only with my meals.
  - c Hardly ever.
- 3 What kind of water do you drink?**
  - a Only mineral water.
  - b Only tap water.
  - c Mineral water and tap water.
- 4 Do you think water is...?**
  - a healthy but boring
  - b healthy and nice
  - c perfect when you're thirsty
- 5 Do you think you need to drink more water?**
  - a Yes.
  - b No.
  - c I don't know.



d Complete the questions with *How much* or *How many*.

- |         |                 |                        |
|---------|-----------------|------------------------|
| 1 _____ | cups of coffee  | do you<br>drink a day? |
| 2 _____ | milk            |                        |
| 3 _____ | glasses of wine |                        |
| 4 _____ | cups of tea     |                        |
| 5 _____ | fruit juice     |                        |
| 6 _____ | beer            |                        |
| 7 _____ | mineral water   |                        |
| 8 _____ | Coke            |                        |



e In pairs, ask and answer. Answer with an expression from d or a number.

How many cups of coffee  
do you drink a day?

Not many – two or three.

## 4 READING

a Cover the magazine article *Water – facts and myths*. In pairs, look at these questions. Can you answer any of them?

- 1 Why do we need to drink water?
- 2 Do people need less water when the weather's cold?
- 3 Can we drink *too much* water?
- 4 Can we get the water we need from other drinks or food?
- 5 How much water do we need to drink a day?
- 6 Do Coke and coffee make us dehydrated?

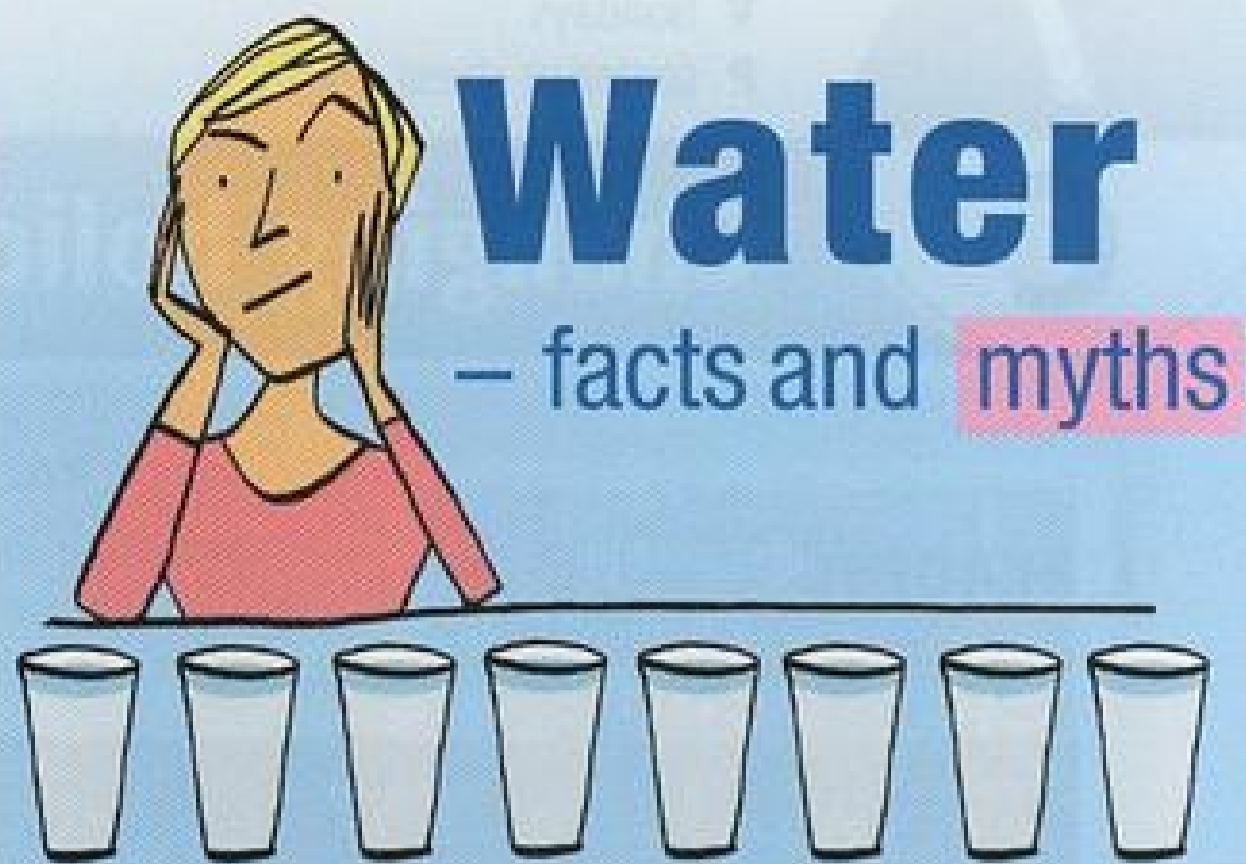
b Read the article. Put the questions in a in the gaps.

c Read the article again. Match the **highlighted** words with these phrases.

- |         |   |
|---------|---|
| 1 _____ | how hot or cold it is                                 |
| 2 _____ | when water comes out of your body<br>when you are hot |
| 3 _____ | scientists do these                                   |
| 4 _____ | not a long time ago                                   |
| 5 _____ | things people believe which are not true              |
| 6 _____ | a minimum of  |
| 7 _____ | have in it  |
| 8 _____ | the truth is  |

d Look at the questions in a again. In pairs, answer them from memory.

e Is there anything in the article you don't agree with?



### A Why do we need to drink water?

We all know that our bodies need water. Water cleans our body, controls our **temperature**, and helps to keep us healthy. About 70% of our body is water.

### B \_\_\_\_\_

We often read that we need to drink **at least** eight glasses of water a day (about two litres). The idea probably came from mineral water companies! **In fact**, how much water we need depends on the weather and on what we're doing. When we are hot, or if we do sport or exercise, we need to drink more. Some experts say that, in normal conditions, we only really need about one litre a day.

### C \_\_\_\_\_

No. When temperatures are very low we also need to drink more than on a normal day. This is because we wear a lot of clothes so we **sweat** a lot and lose water.

### D \_\_\_\_\_

Yes, of course. We get water from food, especially fruit and vegetables (an apple is 85% water, an onion is 87%). We can also get water from other drinks like fruit juice, coffee and colas, which **contain** a lot of water.

### E \_\_\_\_\_

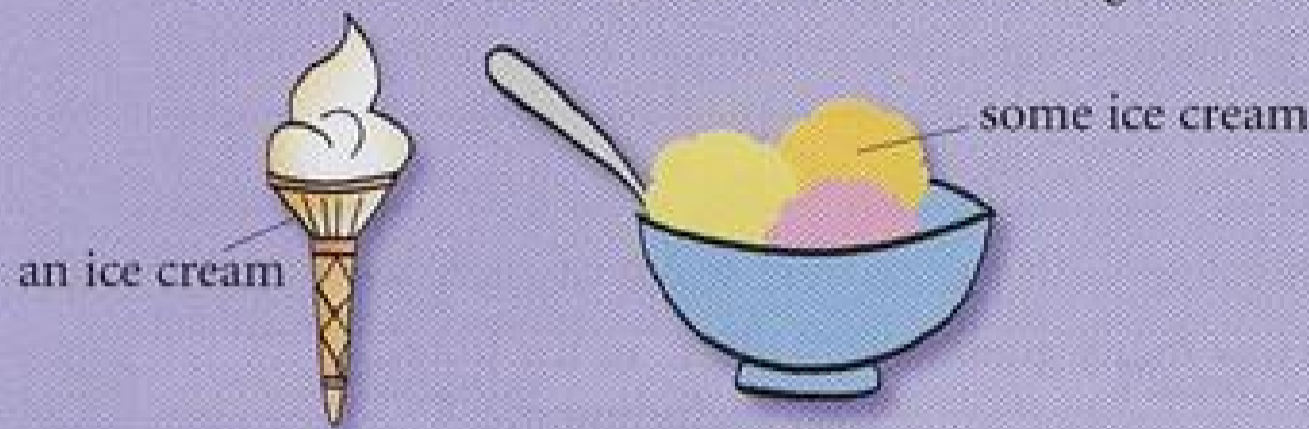
No. In **experiments** in America some people drank only water and other people drank water, cola, and coffee. Their levels of hydration were more or less the same.

### F \_\_\_\_\_

Yes. It can be dangerous to drink a lot of water. **Recently** a British actor nearly died after drinking eight litres of water a day for several months.

## 7A countable / uncountable nouns

- There are two kinds of noun in English, countable (C) and uncountable (U).  
C = things you can count. C nouns can be singular or plural.  
*one apple, two apples, three apples.*  
U = things you can't count. U nouns can't be plural.  
*butter, meat NOT two-butters, three-meats*
- Some nouns can be C or U but the meaning is different.



## a / an, some / any

	Countable	Uncountable
⊕ We need	an apple. some apples.	some butter. some milk.
⊖ We don't need	a tomato. any tomatoes.	any rice. any sugar.
⊙ Do we need	a tomato? any tomatoes?	any rice? any sugar?

- Use *a / an* with singular C nouns.
- Use *some* with plural C nouns and U nouns in ⊕.
- Use *any* with plural C nouns and U nouns in ⊖ and ⊙.

⚠ We can also use *some* in ⊙ to ask for and offer things.  
*Can I have some coffee?*  
*Would you like some biscuits?*

## 7B how much / how many?

Uncountable (singular)	Full answers	Short answers
How much water do you drink?	I drink a lot of water. I drink quite a lot of water. I don't drink much water. I don't drink any water.	A lot. Quite a lot. Not much. None.
Countable (plural)		
How many sweets did you eat?	I ate a lot of sweets. I ate quite a lot of sweets. I didn't eat many sweets. I didn't eat any sweets.	A lot. Quite a lot. Not many. None.

- Use *How much...?* with uncountable (U) nouns and *How many...?* with plural countable (C) nouns.
- Use: *a lot (of)* with C and U nouns for a big quantity.  
*quite a lot (of)* for quite a big quantity.  
*not...much* with U nouns for a small quantity.  
*not...many* with C plural nouns for a small quantity.  
*not...any (none in short answers)* for zero quantity.

## 7C be going to (plans)

⊕

Full form	Contraction	
I am	I'm	going to have a holiday next month.
You are	You're	
He / She / It is	He / She / It's	
We are	We're	
You are	You're	
They are	They're	

⊖

Full form	Contraction	
I am not	I'm not	going to have a holiday next month.
You are not	You aren't	
He / She / It is not	He / She / It isn't	
We are not	We aren't	
You are not	You aren't	
They are not	They aren't	

⊙

Am I	going to have a holiday next month?	Yes,	I am.	No,	I'm not.
Are you			you are.		you aren't.
Is he / she / it			he / she / it is.		he / she / it isn't.
Are we			we are.		we aren't.
Are you			you are.		you aren't.
Are they			they are.		they aren't.

- Use *be going to + verb (infinitive)* to talk about future plans.
- With the verb *go* you can say *I'm going to go* OR *I'm going to-go*.
- We often use future time expressions with *going to*.  
*tomorrow, next week, next year, etc.*

⚠ next year NOT the-next-year

## 7D be going to (predictions)

You can also use *be going to + verb (infinitive)* for predictions.



(I think) They're going to be very happy.



(I think) It's going to rain.

7A

a Write *a, an, or some* + a food / drink word.

- 1 some cereal      6 \_\_\_\_\_
- 2 \_\_\_\_\_      7 \_\_\_\_\_
- 3 \_\_\_\_\_      8 \_\_\_\_\_
- 4 \_\_\_\_\_      9 \_\_\_\_\_
- 5 \_\_\_\_\_      10 \_\_\_\_\_



b Complete the dialogue with *a, an, some, or any*.

- A I invited my sister for dinner. Is that OK?  
 B No, it isn't. We don't have any food!
- A There are <sup>1</sup> \_\_\_\_\_ eggs and <sup>2</sup> \_\_\_\_\_ cheese.  
 I can make <sup>3</sup> \_\_\_\_\_ omelette.
- B There aren't <sup>4</sup> \_\_\_\_\_ eggs. I had the last two.
- A We can make <sup>5</sup> \_\_\_\_\_ pasta. Are there <sup>6</sup> \_\_\_\_\_ tomatoes?  
 B Yes. And there's <sup>7</sup> \_\_\_\_\_ onion. What about drink? Is there  
<sup>8</sup> \_\_\_\_\_ wine?
- A Yes, there's <sup>9</sup> \_\_\_\_\_ bottle of red wine. And there's  
<sup>10</sup> \_\_\_\_\_ Coke too.

7B

a Complete with *How much / How many*.

How much fruit do you eat?

- 1 \_\_\_\_\_ people were there at the party?
- 2 \_\_\_\_\_ milk does she drink?
- 3 \_\_\_\_\_ coffee did you drink yesterday?
- 4 \_\_\_\_\_ eggs are there in the fridge?
- 5 \_\_\_\_\_ cents are there in a euro?
- 6 \_\_\_\_\_ money do you have with you?
- 7 \_\_\_\_\_ hours does your baby usually sleep?
- 8 \_\_\_\_\_ free time do you have during the week?

b Cross-out the wrong words.

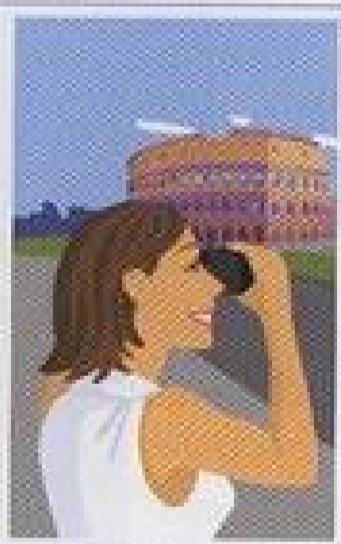
- I don't eat **much** / **many** apples.
- 1 I eat **a lot of** / **much** fruit.
  - 2 Do you drink **much** / **many** water?
  - 3 We don't buy **much** / **many** vegetables.
  - 4 A How much meat do you eat?  
 B **None** / **Any**. I'm a vegetarian.
  - 5 I eat **quite a lot of** / **quite** fish.
  - 6 A How much exercise do you do?  
 B **No much** / **Not much**.

7C

a Write sentences about Susan's holiday plans.

She's going to go to Rome. (go)

- 1 \_\_\_\_\_ Italian. (speak)
- 2 \_\_\_\_\_ a hotel. (stay in)
- 3 \_\_\_\_\_ photos. (take)
- 4 \_\_\_\_\_ spaghetti. (eat)
- 5 \_\_\_\_\_ Colosseum. (see)



b Complete the sentences with *(be) going to* + a verb.

buy    cook    do    not have    study    not fly

Our car is ten years old. We 're going to buy a new one.

- 1 My mother's at work so my father \_\_\_\_\_ the lunch.
- 2 I \_\_\_\_\_ tonight. I have an exam tomorrow.
- 3 \_\_\_\_\_ you \_\_\_\_\_ a present for Bill?
- 4 We \_\_\_\_\_ to Edinburgh. It's too expensive.
- 5 What \_\_\_\_\_ your brother \_\_\_\_\_ after school?
- 6 It's her birthday next week, but she \_\_\_\_\_ a party.

7D

a Write predictions for the pictures.

- 1 It's going to \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_



b Complete the predictions with *(be) going to* and a verb.

be    break    have    not pass    wake up    win

It's my dream holiday! I know I 'm going to have a good time.

- 1 They're playing very well. I think they \_\_\_\_\_ the match.
- 2 She's a very bad student. She \_\_\_\_\_ the exam.
- 3 Look at the blue sky. It \_\_\_\_\_ a beautiful day.
- 4 You're driving very fast! We \_\_\_\_\_ an accident!
- 5 Be careful with that glass! You \_\_\_\_\_ it!
- 6 The baby's very tired. I don't think she \_\_\_\_\_ tonight.