

# 8 B

**G** quantifiers, *too, not enough*  
**V** health and lifestyle: *wear sunscreen, etc.*  
**P** /ʌ/, /u:/, /aɪ/, /e/; linking

I eat too much meat.  
I don't drink enough water.

## How old is your body?

How old are you? How old is your body? The answer to these two questions isn't always the same. Our body age can be much younger or much older than our calendar age (even eighteen years different!). We can now calculate our body age by answering questions about the way we live. If our body age is older than our calendar age, we should change our lifestyle.

### EXERCISE

I know I'm too fat because I don't do enough exercise. I spend too much time sitting in studios. All I do is play squash, but I don't play very often – about once a month. I would go to a gym if I had more time.

### DIET

I eat quite a lot of fresh food 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 alcohol – just a glass of red wine with my dinner. But I don't drink any beer. I drink a lot of coffee. It goes with the 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 14 hours a day in the studio – that's too many). I often feel a bit tense and irritable. I smoke a few cigarettes when I go out, but I'm not a regular smoker. I only wear sunscreen when I go to the beach. My skin is quite dark so I don't think it's a problem.

### 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.

### DOCTOR'S VERDICT:

Tariq should do more exercise, for example he could walk to work. This would help him to control his stress. His diet is quite healthy but he should drink more water and less coffee. He must give up smoking. Although his skin is quite dark he should wear sunscreen all year round, even in winter. And he should try to be more positive.

Tariq, a record producer  
Calendar age 32

Body age

## 1 READING

- a Read the introduction to the article and answer the questions.
- 1 Is our body age the same as our calendar age?
  - 2 How can we calculate our body age?
  - 3 What should we do if our body age is older than our calendar age?
- b Look at the photo of Tariq and read about him. Underline the things he does that are good. Circle the things he does that are bad. Compare with a partner.
- c Cover the *Doctor's verdict*. What do you think he should do?
- d Now read the *Doctor's verdict*. Was the advice the same as yours? What do you think his body age is?





## 2 GRAMMAR quantifiers, too, not enough

- a Can you remember how to use *much, many, a lot of, a little*? In pairs, choose the correct word or phrase for each sentence. Say why the other one is wrong.
- 1 How **much** / **many** coffee do you drink?
  - 2 I don't eat **much** / **many** vegetables.
  - 3 I eat **a lot of** / **many** bread.
  - 4 I smoke **a lot** / **a lot of**.
  - 5 **A** How much tea do you drink?  
**B** Any / None. I don't like it.
- b Match the phrases 1–6 with the meanings A–F.
- |   |                                      |
|---|--------------------------------------|
| 1 <input type="checkbox"/> I drink <b>too much</b> coffee.    | A I don't drink much coffee.         |
| 2 <input type="checkbox"/> I'm <b>too fat</b> .               | B I need to do more exercise.        |
| 3 <input type="checkbox"/> I work <b>too many</b> hours.      | C I have two or three close friends. |
| 4 <input type="checkbox"/> I don't do <b>enough</b> exercise. | D I work more than I want.           |
| 5 <input type="checkbox"/> I drink <b>a little</b> alcohol.   | E I should be a bit thinner.         |
| 6 <input type="checkbox"/> I have <b>a few</b> close friends. | F I drink more water. I should.      |

- c p.140 Grammar Bank 8B. Read the rules and do the exercises.

### 3 PRONUNCIATION /ʌ/, /u:/, /aɪ/, /e/; linking

a Cross out the word with a different pronunciation.

	enough	much	none	busy
	few	should	too	food
	quite	diet	little	like
	many	any	healthy	water

b 8.4 Listen and check. Practise saying the words.

**A** Remember! When people speak quickly they don't separate the words.

c 8.5 Listen and write the six sentences.

d Listen and repeat the sentences. Copy the rhythm.

### 4 SPEAKING

a Read the questionnaire and circle your answers.

b Interview your partner and underline his / her answers. Ask for more information.

How much sport or exercise do you do?

A lot.

What do you do?

I go to the gym three times a week.

c **Communication** *Body age p.111*. Work out your body age.

d Look at your partner's answers. Give him / her some good advice.

I think you should do more exercise. For example...

## What's your body age? Do our quiz and find out

### EXERCISE

- How much do you walk a day?  
a a lot    b not much    c very little
- How much sport and exercise do you do a week?  
a a lot    b a little    c none

### DIET

- How much fast food (processed and pre-prepared) do you eat?  
a I eat too much.    b I eat quite a lot.  
c I don't eat much.    d I don't eat any.
- How many portions of fruit and vegetables do you eat per day?  
a only a few    b quite a lot    c a lot
- How much water do you drink?  
a a lot    b quite a lot    c a little
- What's your worst diet habit?  
a I eat too much fat.    b I eat (or drink) too many sweet things.  
c I eat (or drink) too much.    d none of these

### LIFESTYLE

- How many cigarettes do you smoke a day?  
a none    b a few    c a lot
- How would you describe yourself mentally?  
a I am a very positive person.    b I am not positive enough.  
c I'm quite pessimistic.
- How would you describe your stress level?  
a I am too stressed.    b I am stressed, but it's under control.  
c I am quite relaxed.
- How often do you wear sunscreen?  
a all year    b only when I'm on holiday    c when it's sunny

### SOCIAL LIFE

- How many close friends do you see regularly?  
a a lot    b quite a lot    c a few    d not many / none
- How much time do you have for yourself?  
a none    b not enough    c quite a lot

## 8A something, anything, nothing, etc.

	+	? and - verb	x Short - answer
people	somebody someone	anybody anyone	nobody no one
things	something	anything	nothing
places	somewhere	anywhere	nowhere



- Use *somebody, something, someone*, etc. when you don't say exactly who, what, or where.  
*Somebody broke the window.*  
*I went somewhere nice at the weekend.*
- Use *anything, anybody, anywhere* in questions or with a  $-$  verb.  
*I didn't do anything last night.* NOT ~~I didn't do nothing.~~
- Use *nobody, nothing, nowhere* in short  $-$  answers or in a sentence (with a  $+$  verb).  
*Who's in the bathroom?*  
*Nobody. Nobody's in the bathroom.*  
NOT ~~Anybody is in the bathroom.~~
- Somebody, Nobody*, etc. are the same as *Someone, No one*, etc.

## 8B quantifiers

*too, too much, too many*

I'm stressed. I have **too much** work.  
My diet is unhealthy. I eat **too many** cakes and sweets.  
I don't want to go out. I'm **too** tired.

- Use *too, too much, too many* to say 'more than is good'.
- Use *too* + an adjective NOT ~~I'm too much tired.~~
- Use *too much* + uncountable nouns (e.g. coffee, time).
- Use *too many* + countable nouns (e.g. cakes, people).

*enough*

Do you eat **enough** vegetables?  
I don't drink **enough** water.  
This dress isn't big **enough**.

- Use *enough* before a noun to mean 'all that is necessary'.
- Use *enough* after an adjective.

*a little, a few*

A Do you take sugar? B Yes. Just a little.  
A Do want some chips? B Yes, but just a few.  
I eat a little meat. Can you buy a few bananas?  
I drink very little coffee. He has very few friends.

- Use *a little / very little* and *a few / very few* to talk about small quantities.
- Use *a little / very little* with uncountable nouns and *a few / very few* with countable nouns.

## 8C word order of phrasal verbs

Every morning I **get up** at 8.00.  
Then I **turn on** the radio.  
I always have to **look for** my glasses.

- A phrasal verb = verb + particle (preposition or adverb) *get up, turn on, look for*.
- 1 Some phrasal verbs don't have an object.  
*Come in and sit down.*  
*What time do you get up?*
- 2 Some phrasal verbs have an object and are separable.  
*Put on your coat.*  
*Turn off the TV.*
- With these verbs you can put the particle (*on, off*, etc.) before or after the object.  
*Put on your coat* OR *Put your coat on.*  
*Turn off the TV* OR *Turn the TV off.*
- When the object is a pronoun (*me, it, him*, etc.) it always goes between the verb and particle.  
*Here's your coat. Put it on.* NOT ~~Put on it.~~  
*I don't want to watch TV. Turn it off.* NOT ~~Turn off it.~~
- 3 Some phrasal verbs have an object and are inseparable.  
*I'm looking for my keys.*  
*I'm looking for them.*
- With these phrasal verbs, the verb (*look*) and the particle (*for*) are never separated.  
*I looked after my little sister.* NOT ~~I looked my little sister after.~~  
*I looked after her.* NOT ~~I looked her after.~~

## 8D so, neither + auxiliaries

A I love football.  
B So do I.  
A I went to university.  
B So did I.  
A I'm not married.  
B Neither am I.  
A I don't smoke.  
B Neither do I.

- Use *So do I / Neither do I*, etc. to say that you have something in common with somebody.
- Use *So* + auxiliary + *I* with positive sentences.  
A *I'm happy.* B *So am I.* NOT ~~So I am.~~
- Use *Neither* + auxiliary + *I* with negative sentences.  
A *I'm not hungry.* B *Neither am I.*  
NOT ~~Neither I am.~~
- The auxiliary you use depends on the tense.  
*I love football.* So **do** I.  
*I didn't like the film.* Neither **did** I.  
*I can swim.* So **can** I.  
*I wasn't very tired.* Neither **was** I.  
*I've been to Spain.* So **have** I.  
*I wouldn't like to go there.* Neither **would** I.

## 8A

a Complete with *something, anything, nothing, etc.*

- Did you meet anybody last night?
- Are you doing \_\_\_\_\_ tonight?
  - \_\_\_\_\_ phoned when you were out. He said he'd call back later.
  - I've seen your car keys \_\_\_\_\_ but I can't remember where.
  - Did \_\_\_\_\_ come while I was out?
  - Did you go \_\_\_\_\_ exciting last night?
  - I've bought you \_\_\_\_\_ for your birthday.
  - I knocked at the door but \_\_\_\_\_ answered.
  - We went shopping but we didn't buy \_\_\_\_\_.

b Answer with *Nobody, Nowhere, or Nothing.*

- What did you do last night? \_\_\_\_\_
- Where did you go yesterday? \_\_\_\_\_
- Who did you see? \_\_\_\_\_

c Answer the questions in b with a full sentence.

- I didn't do \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## 8B

a Cross out the wrong form.

How **much** / **many** meat do you eat?

- I drink **too** / **too much** coffee.
- I eat **too much** / **too many** biscuits.
- I don't drink **enough water** / **water enough**.
- I can't go. I am **too** / **too much** busy.
- You work **too much** / **too many**.
- I only drink **a few** / **a little** coffee.
- I don't have **enough time** / **time enough**.
- He has **a few** / **a little** good friends.

b Complete the sentences with *too, too much, too many, or enough.*

You eat too much red meat. It isn't good for you.

- My father's not very fit. He doesn't do \_\_\_\_\_ exercise.
- I can't walk to work. It's \_\_\_\_\_ far.
- There are \_\_\_\_\_ cars on the roads today.
- I don't sleep \_\_\_\_\_ – only five or six hours, but I really need eight.
- I was \_\_\_\_\_ tired to go out last night.
- There were \_\_\_\_\_ people at the party, so it was impossible to dance.

## 8C

a Complete the sentences with a particle from the box.

after away back down (x2) / for off on up

Turn off your mobile before you come into class. ✓

- Turn \_\_\_\_\_ the radio. It's too loud.
- What time do you usually get \_\_\_\_\_ in the morning?
- John phoned when you were out. He'll call \_\_\_\_\_ later.
- My brother is looking \_\_\_\_\_ a new job.
- I think you should throw \_\_\_\_\_ those old jeans.
- I always try \_\_\_\_\_ new clothes before I buy them.
- I have to look \_\_\_\_\_ my little sister tonight.
- You should write \_\_\_\_\_ new words in your book.

b Tick the sentences in a where the particle (*on, off, etc.*) could also go after the object.

c Complete the sentences with *it* or *them* and a particle.

away off (x2) on up (x3)

- I can't hear the radio. Turn \_\_\_\_\_.
- Your clothes are all over the floor. Pick \_\_\_\_\_.
- Here's your coat. Put \_\_\_\_\_.
- What does this word mean? Look \_\_\_\_\_.
- Your shoes are wet. Take \_\_\_\_\_.
- I don't need those papers. Throw \_\_\_\_\_.
- Don't watch the TV now. Turn \_\_\_\_\_.

## 8D

a Complete B's answers with an auxiliary verb.

A I like coffee

B So do I.

- |                                 |                    |
|---------------------------------|--------------------|
| 1 A I'm really hungry.          | B So _____ I.      |
| 2 A I didn't go out last night. | B Neither _____ I. |
| 3 A I was born in Liverpool.    | B So _____ I.      |
| 4 A I don't smoke.              | B Neither _____ I. |
| 5 A I've been to Bangkok.       | B So _____ I.      |
| 6 A I can't swim.               | B Neither _____ I. |
| 7 A I'd like to go to India.    | B So _____ I.      |
| 8 A I saw a film last night.    | B So _____ I.      |

b Respond to A. Say you are the same.

Use *So...I* or *Neither...I*

- |                                  |                      |
|----------------------------------|----------------------|
| A I don't like whisky.           | <u>Neither do I.</u> |
| 1 A I live near the school.      | _____                |
| 2 A I'm not afraid of snakes.    | _____                |
| 3 A I went to bed early.         | _____                |
| 4 A I haven't been to China.     | _____                |
| 5 A I don't have any children.   | _____                |
| 6 A I can speak three languages. | _____                |
| 7 A I always have breakfast.     | _____                |

## 7D Passives quiz Student A

a Complete your sentences with the verb in the passive and the right answer.

- Until 1800 New York \_\_\_\_\_ (call) \_\_\_\_\_.  
a New Amsterdam    b New Hampshire    c New Liberty
- Chess \_\_\_\_\_ (invent) by \_\_\_\_\_.  
a the Egyptians    b the Indians    c the Chinese
- The Italian flag \_\_\_\_\_ (design) by \_\_\_\_\_.  
a Garibaldi    b Mussolini    c Napoleon
- The first Levi jeans \_\_\_\_\_ (wear) by \_\_\_\_\_.  
a miners    b farmers    c cowboys
- The first credit card \_\_\_\_\_ (use) in \_\_\_\_\_.  
a 1960    b 1970    c 1980
- The Indiana Jones films \_\_\_\_\_ (direct) \_\_\_\_\_.  
a Stephen Spielberg    b George Lucas    c Stanley Kubrick
- Penguins \_\_\_\_\_ (find) \_\_\_\_\_.  
a at the South Pole    b at the North Pole    c in Alaska
- In the world 15,000 babies \_\_\_\_\_ (be born) \_\_\_\_\_.  
a every second    b every hour    c every day

b Read your sentences to B. B will tell you if you are right.

c Now listen to B's sentences. Tell him / her if he / she is right.

### B's answers

- The CD player was invented by Philips.
- The *Star Wars* films were directed by George Lucas.
- The politician Winston Churchill was born in a toilet.
- The book which is stolen most often from libraries is *The Guinness Book of Records*.
- The electric chair was invented by a dentist.
- Football was first played by the British.
- In 1962 the original London Bridge was bought by a rich American.
- The noun which is used most frequently in conversation is *time*.

## 8B Body age? Students A+B

a Start with your calendar age. Add ⊕ or subtract ⊖ years according to your answers.

- |         |      |      |      |
|---------|------|------|------|
| 1 a -2  | b 0  | c +1 |      |
| 2 a -2  | b -1 | c +2 |      |
| 3 a +2  | b +1 | c 0  | d -1 |
| 4 a +1  | b -1 | c -2 |      |
| 5 a -2  | b -1 | c +1 |      |
| 6 a +1  | b +1 | c +2 | d 0  |
| 7 a -3  | b +1 | c +2 | d +5 |
| 8 a -3  | b +1 | c +2 |      |
| 9 a +3  | b 0  | c -2 |      |
| 10 a -2 | b 0  | c -1 |      |
| 11 a -2 | b -1 | c 0  | d +2 |
| 12 a +2 | b +1 | c -1 |      |

## 9A What had happened? Student A

a Look at sentences 1–6 and think of the missing verb (⊕ = positive verb, ⊖ = negative verb). Don't write anything yet!

- Diana was very angry because her husband \_\_\_\_\_ the dinner. ⊖
- He couldn't catch his plane because he \_\_\_\_\_ his passport at home. ⊕
- We went back to the hotel where we \_\_\_\_\_ on our honeymoon. ⊕
- The telephone wasn't working because they \_\_\_\_\_ the bill. ⊖
- Miriam was surprised to hear that she \_\_\_\_\_ the exam. ⊕
- The shop assistant agreed to change the sweater, because I \_\_\_\_\_ it. ⊖

b Read your sentence 1 to B. If it's not right, try again until B tells you 'That's right'. Then write in the verb. Continue with 2–6.

c Listen to B say sentence 7. If it's the same as 7 below, say 'That's right'. If not say 'Try again' until B gets it right. Continue with 8–12.

- We went back to see the house where we **had lived** when we were children.
- The flat was very dirty because nobody **had cleaned** it for a long time.
- The crocodile was hungry because it **hadn't eaten** anything for a long time.
- I ran to the station, but the last train **had gone**.
- I didn't want to lend him the book because I **hadn't read** it.
- They got to the cinema late and the film **had started**.