

Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

### 1 Underline and correct a mistake in each sentence.

- You shouldn't to get stressed, try to be more positive. \_\_\_\_\_
- She really ought think about healthy nutrition when she cooks. \_\_\_\_\_
- It isn't enough hot to go to the beach and I don't like swimming in cold water. \_\_\_\_\_
- This cereal is unhealthy as there are too much calories in it and it is full of sugar. \_\_\_\_\_
- I only want a few ice cream, please: I'm on a diet and trying to lose weight. \_\_\_\_\_

### 2 Look at Eva's fitness diary. Write sentences about her routine using *too many*, *too much* or *(not) enough*. Then give her advice using *should*, *shouldn't* or *ought to*.

	Recommended	Eva
1 calories	2,000	2,800
2 fibre	30 g	30 g
3 fat	70 g	100 g
4 running	1 hour	2 hours
5 water	2 litres	1 litre
6 sleep	7-9 hours	7 hours

- She eats \_\_\_\_\_. She should \_\_\_\_\_.
- She eats \_\_\_\_\_.
- She eats \_\_\_\_\_. She \_\_\_\_\_.
- She \_\_\_\_\_. She \_\_\_\_\_.
- She \_\_\_\_\_.
- She \_\_\_\_\_.

### 3 Look at the fitness diary in Exercise 2. Write six sentences about your own routine and say what you should change.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### 4 Complete the conversation with the correct form of the words in brackets.

- MANUEL Hi, Dr López. I think I'm ill.
- DR LÓPEZ Let's see. <sup>1</sup> \_\_\_\_\_ (eat / enough / vegetables)?
- MANUEL No, I don't. I only eat them once a week.
- DR LÓPEZ Oh! You should eat them every day! <sup>2</sup> \_\_\_\_\_ (do / enough / exercise)?
- MANUEL Yes. I do about one hour a day.
- DR LÓPEZ OK. <sup>3</sup> \_\_\_\_\_ (get / enough / sleep)?
- MANUEL Yes, I sleep about ten hours a night.
- DR LÓPEZ Ah! <sup>4</sup> \_\_\_\_\_ (too / much)!
- MANUEL Oh, how much <sup>5</sup> \_\_\_\_\_ (sleep / should / get)?
- DR LÓPEZ Seven to nine hours.

### 5 Complete the text with the words in the box.



a few a little enough (x2) many much  
ought should shouldn't too

Every summer, there is a popular marathon race in my town. At the beginning of the race, there are too <sup>1</sup> \_\_\_\_\_ people running together and there isn't <sup>2</sup> \_\_\_\_\_ space in the streets, but every kilometre <sup>3</sup> \_\_\_\_\_ runners leave the race. Some say that is because it's <sup>4</sup> \_\_\_\_\_ hot and others say there is too <sup>5</sup> \_\_\_\_\_ competition to win! They also say the council <sup>6</sup> \_\_\_\_\_ to make the prize money bigger, but I think it's big <sup>7</sup> \_\_\_\_\_. The race is just for fun, so they <sup>8</sup> \_\_\_\_\_ think of it in that way. My family say I <sup>9</sup> \_\_\_\_\_ enter it, but I'm too lazy and I've only got <sup>10</sup> \_\_\_\_\_ energy, which I use to watch and cheer the winners!