

Name _____ Class _____ Date _____

1 Correct the underlined mistakes in the sentences.

- I haven't got too much money to join a gym, so I will go jogging. enough
- I can see there are a little people in the gym today, it's quite quiet. a few
- I'm looking for a new gym because there isn't too equipment in this one. enough
- It isn't enough hot to go to the beach and I don't like cold water. hot enough
- This cereal is unhealthy as there are too much calories in it. many
- I only want a few ice cream, please – I'm on a diet. little

2 Look at Eva's fitness diary. Write sentences about her using *too many*, *too much*, or (not) *enough*.

	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 too many calories.
- She eats enough fibre.
- She eats too much fat.
- She does too much running.
- She doesn't drink enough water
- She sleeps enough.

3 Look at the fitness diary in Exercise 2 and write six sentences about your own routine.

- Student's own answers
- Student's own answers
- Student's own answers
- Student's own answers
- Student's own answers
- Student's own answers

4 Rewrite the sentences using the words in brackets.

- The best thing to do is to work out with someone who has experience and can advise you. (ought to)
You ought to work out with someone who has experience and can advise you.
- Everyone needs to have some fat in their diet, it's an essential food group. (ought to)
Everyone ought to have some fat in their diet, it's an essential food group.
- It's better to see the doctor and stay off school if you have a bad fever. (should)
You should see the doctor and stay off school if you have a bad fever.
- I don't recommend going on a diet when you are studying for exams as your brain needs enough calories. (shouldn't)
You shouldn't go on a diet when you are studying for exams as your brain needs enough calories.

5 Complete the text with the words in the box.



a few a little enough many much
should shouldn't too

Every July, there is a very popular marathon race in my town. People of all ages and fitness levels enter it! At the beginning of the race, there are too ¹ many people running together and there isn't ² enough space in the streets, but every kilometre ³ a few runners leave the race. Some say it's ⁴ too hot and others say there is too ⁵ much competition to win! But it's just for fun so they ⁶ shouldn't think of it in that way. My family always say I ⁷ should enter it, but I'm too lazy and I've only got ⁸ a little energy, so I prefer to use it watching and cheering the winners!