



EAT THE RAINBOW



Scan to review worksheet

Expemo code:
15R7-U7JB-HS6H

1

Warm up

Write these words in the correct place in the table to show a rainbow of fruit and vegetables.

apricots	peas	beetroot	strawberries	sweetcorn
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	countable	uncountable
1 red	_____ 1	tomato juice
2 orange	_____ 2	squash and pumpkin
3 yellow	bananas	_____ 3
4 green	_____ 4	lettuce
5 purple	aubergines	_____ 5

- How are countable and uncountable nouns different?
- Which items are fruits, and which are vegetables?
- Which ones do you like to eat? How often do you eat these?



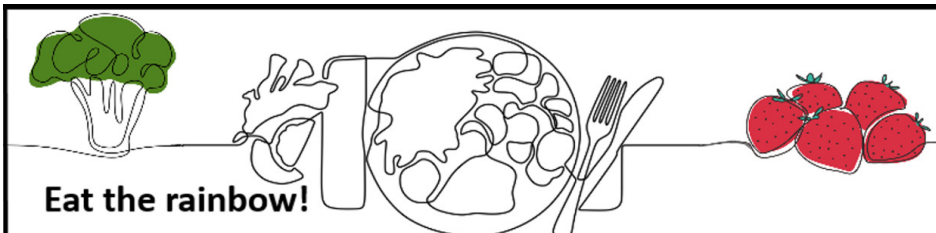


2

Reading

Read this information about healthy eating and match the questions with the answers. One item is extra.

- I like fruit. How many strawberries do I need to eat for one serving?
- Is juice healthy?
- I don't really like vegetables. Can I eat only fruit?
- What about vegetables? How much lettuce is one serving?
- How many servings of fruit and vegetables should I eat every day?



Eat the rainbow!

If you want to stay healthy, you need to eat a lot of fruit and vegetables every day. Here are some common questions and answers about healthy eating.

1 _____

Eat five **servings** of fruit and vegetables every day. You can include these in breakfast, lunch and dinner.

2 _____

For one serving, we recommend that you eat seven strawberries, as these are quite small. But you can eat two apricots or one banana to make one serving too.

3 _____

A **bowl** of lettuce is a serving. 100 grams of squash or sweetcorn is a serving too. Or you can have a glass of tomato juice (200 ml).

4 _____

It's not a good idea to eat only fruit because it's high in sugar. Try to eat a few peas or a little sweetcorn – these are both very tasty. Then start to add more vegetables into your meals. Plan to eat five different colours of fruit or vegetables every day.

Glossary:

a bowl is a deep plate that is used for cereal, soup and salad

a serving is the amount of a food that you have on your plate for one meal



Why are these numbers important? Remember the information. Then check your ideas in the text.

- a. 2
- b. 5
- c. 7
- d. 100 g
- e. 200 ml

Do you think it's good advice to eat five servings of fruit and vegetables every day?

3 Language point

Study the sentences and answer the questions.

A: We use **how much** and **how many** to ask questions about *quantity* or *amount*.

- **How many** strawberries do I need to eat for one serving?
- **How much** lettuce is one serving?

1. We use **how many** with **countable** / **uncountable** nouns.
2. We use **how much** with **countable** / **uncountable** nouns.

B: We use **much** and **many** in **negative sentences** in the same way.

I **don't have much** cheese - I need to go to the supermarket.

He doesn't eat **many** sweets.

In these sentences **not much** and **not many** means **zero or nothing** / **a small quantity**.

We don't usually use **much** or **many** in **positive sentences**.



C: We can talk about **quantity** in other ways.

We recommend that you eat **seven strawberries**.

A bowl of lettuce is a serving. **100 grams of squash or sweetcorn** is a serving too. Or you can have a **glass of tomato juice (200 ml)**.

1. If the noun is **countable / uncountable**, you can use a number.
2. If the noun is **countable / uncountable**, you can use a container or other measurement.

D: Try to eat **a few peas** or **a little sweetcorn**.

1. For a small quantity, we use **a few** with **countable / uncountable** nouns.
2. For a small quantity, we use **a little** with **countable / uncountable** nouns.

Remember that for a large quantity we use **a lot of (or lots of)** for both **countable and uncountable nouns**.

You need to eat **a lot of/lots of fruit and vegetables** every day.

4

Practice

Match the sentence halves.

A

- | | |
|----------------------------------|---|
| 1. You can eat three | a. apples or pears every day, but not more. |
| 2. Would you like a little | b. few strawberries, please? |
| 3. I like a | c. lettuce with your sandwich? |
| 4. Yesterday I had a lovely bowl | d. lot of milk in my coffee. |
| 5. Can I have a | e. of soup for lunch. |
| 6. She didn't eat many | f. vegetables when she was younger. |



B

- | | |
|---------------------------------------|--|
| 1. She's very healthy - she eats lots | a. milk - I don't like it. |
| 2. I don't drink much | b. of fruit and vegetables every day. |
| 3. We need 400 grams of | c. pasta for this dish. |
| 4. How many | d. servings of fruit and vegetables did you eat yesterday? |
| 5. How much | e. water do you drink every day? |

5 Speaking

Work in pairs. Look at someone's fruit and vegetable food diary for one minute. Then cover the information and answer your partner's questions from memory, as in the example:

- **How much** lettuce did they eat? They ate **a lot of/lots of** lettuce.
- **How many** apples did they eat? They didn't eat **many** apples (or they ate **a few** apples).

Use these structures in your questions and answers:

how much/many	a lot of/lots of
a few/a little	not much/not many

Student A

- look at Paul's food diary for two days

1 small aubergine / 4 servings of beetroot / 60 strawberries / 2 tomatoes / 6 glasses of tomato juice

Student B

- look at Samantha's food diary for two days

3 apples / 5 pears / 1 glass of orange juice / 1 banana / a small bowl of lettuce

Then answer these questions.

1. Did Paul and Samantha eat "5 a day"?
2. Did Paul and Samantha "eat the rainbow"?
3. Did you eat "5 a day" yesterday? Did you "eat the rainbow"?



6

Extra practice/homework

Choose the best option to complete each sentence.

1. We bought **much** / **lots of** / **a lots of** apricots at the market.
2. There are two **aubergines** / **aubergine** / **lettuce** in the kitchen.
3. They cooked **a few** / **many** / **a lot of** beetroot.
4. Please buy **2 litres** / **300 grams** / **three** of cheese at the supermarket.
5. Would you like **a glass of** / **a bowl of** / **a little** of juice?
6. I don't drink **a little** / **many** / **much** milk.
7. The baby ate **much** / **a few** / **a little** peas.
8. How **many** / **much** / **grams** tomatoes do we need for the salad?
9. How **little** / **many** / **much** tea do you drink every day?
10. They didn't eat **much** / **many** / **a few** vegetables.

7

Optional extension

Look back at the picture of fruit and vegetables in the Warm up. Use your dictionary to find the names of more fruit and vegetables with these colours. Are these nouns countable or uncountable? How do you pronounce them?

- Red:
- Orange:
- Yellow:
- Green:
- Purple: