



GRAMMAR PRACTICE

Quantifiers in Food and Eating Habits

Food and Eating Habits | Countable, uncountable and quantity | Cambridge IGCSE ESL 0511

1. Lead-in discussion

Talk with a partner. You may already use this grammar without noticing it.

No.	Question
1	How much water do you drink each day?
2	How many portions of fruit and vegetables do you eat?
3	Do students eat too much fast food?
4	What food is wasted most often in schools or homes?

2. Grammar in context

Read the text. The bold phrases show the grammar used in a natural topic context.

Talking About Food Choices

Many students eat **a lot of** snacks during the day, but they may not drink **enough** water. A healthy diet does not need **too much** sugar or **too many** processed meals.

At school, there are often **several** lunch options. Some students bring **a packed lunch**, while others buy food from the canteen. If portions are too large, **some** food may be thrown away.

Food waste is a serious issue. Families can save money if they use **a little** planning, buy **fewer** unnecessary items and keep **less** food in the fridge until it goes off.

3. Notice the pattern

Use quantifiers to talk about amount. Some work with countable nouns, some with uncountable nouns, and some work with both.

Use	Form / signal	Example
Countable nouns	many, a few, fewer, several	too many processed meals
Uncountable nouns	much, a little, less	too much sugar
Both	some, a lot of, enough	enough water; enough vegetables
Common contrast	fewer vs less	fewer items; less food waste

4. Build accurate sentences

Complete each sentence using the grammar focus. Then write two examples of your own.

No.	Prompt	Use	Your answer
1	Students should drink / water during the day.	enough	
2	Some teenagers eat / sugary snacks.	too many	
3	Families should waste / food.	less	
4	The canteen offers / healthy options.	several	

1. _____

2. _____

5. Use it in exam answers

Complete the tasks using the grammar focus naturally.

Task	What to do
Speaking	Discuss healthy eating habits using at least five quantifiers.
Writing	Write advice for reducing food waste at school or at home.
Reading	Underline quantifiers in the context text and decide which nouns they describe.

6. Common mistakes

Correct the mistakes.

No.	Mistake	Your correction
1	Students drink too many water.	
2	There is too much processed meals.	
3	Families should buy less items.	
4	The canteen has much healthy options.	

7. Topic discussion questions

Use these for pair work, small-group discussion, or speaking-test warm-up practice.

1. Do teenagers eat too much sugar?
2. How can schools reduce food waste?
3. Should school meals include more vegetarian options?
4. What food do people buy too much of?

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4. Build accurate sentences

1. Students should drink enough water during the day.
2. Some teenagers eat too many sugary snacks.
3. Families should waste less food.
4. The canteen offers several healthy options.

Own answers will vary. Check that the grammar focus is accurate and natural.

6. Common mistakes

1. Students drink too much water.
2. There are too many processed meals.
3. Families should buy fewer items.
4. The canteen has many healthy options.

Notes for checking

1. Countable nouns: many, a few, fewer, several - too many processed meals
2. Uncountable nouns: much, a little, less - too much sugar
3. Both: some, a lot of, enough - enough water; enough vegetables
4. Common contrast: fewer vs less - fewer items; less food waste