

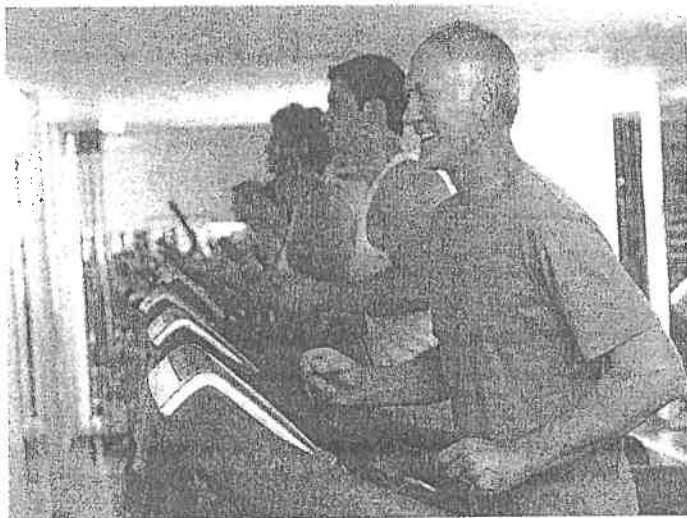
Grammar

Countable and uncountable nouns

① Complete the sentences below with the plural or uncountable form of the words in the box.

group research job way
 knowledge work programme
 equipment information suggestion

- More and more people nowadays are following fitness programmes.
- It is easy to find on how to stay fit and healthy.
- People with sedentary spend all day sitting down.
- According to, the percentage of overweight people is growing.
- This booklet contains many useful on how to keep fit.
- Some people prefer to exercise in and so they join fitness classes.
- At our gym, we have all the latest fitness for people to use.
- Scientists are always increasing their of how the body works.
- This book suggests a number of to help you lose weight.
- My sister is looking for at a health centre as a receptionist.



② Circle the correct option in each of these sentences.

- She does plenty of / *much* exercise and she's very fit.
- There's a *large* / *great* deal of pollution in this city at this time of year.
- It took me *a lot of* / *many* time to get fit again after my injury.
- There is *plenty* / *a wide* range of fitness courses that you can do.
- Bad diets cause a large *amount* / *number* of health problems.
- Few* / *Little* people these days think that fitness is unimportant.
- A small *amount* / *number* of junk food isn't bad for you.
- It doesn't take *much* / *many* effort to stay fit if you want to do it.
- My grandfather is very lucky. He has *few* / *a few* problems with his health.
- Even *a few* / *a little* exercise would be good for you.

③ Correct the underlined nouns if necessary. Put a tick (✓) above the noun if it is correct.

- People don't get much ^{information} informations on what is really in certain food products.
- You don't need a large amount of equipments to do varied exercise routines.
- People are given a lot of advices about how to have healthy lifestyles.
- Junk food does a lot of damages to people's healths.
- A nutritionist can give people good advices on their eating habits.
- Using the latest softwares, experts analyse sportsmen when they are training.
- People who do office work need to find way of keeping fit.
- People sometimes need help to solve problem with their weight.