Imię i nazwisko:……………………………………………………. Klasa:………………….

1. **Write a recipe for a dish:**

A recipe for………………………………………….

Ingerients:

How to make it:

1. **Uzupełnij zdania wstawiając: a, an, the lub - (brak rodzajnika)**
2. They live in … small flat on … second floor, very close to … railway station. … place is quite cosy and they like it a lot.
3. Eddie is … really good friend. We always walk to … school together, he helps me with … maths and if … weather is nice, we have … lunch on … bench outside … school building.
4. It was … best holisday ever. First, we went to … mountains for … week ans saw some of … most beautiful views. … sun was shining all … time, … sky was crystal clear and … temperaturę was quite pleasant. We had … great guide who took us to … amazing mountain lake one day. … water was ice cold and we could see hundreds of … small colour fish swimming around.
5. I bought … expensive stereo set last month in … big electronics shop next to … sports centre. When I brought it … home it didn’t work so I took it back to … shop right away. … shop assistant didn’t want to replace it so I decided to talk to … manager.
6. Then I opened … door and went into … house , I saw … envelope lying on … floor. … letter was addressed to me but I couldn’t see who … was. …stamp had … name of … foreign country which I didn’t know…
7. **Choose the correct answers to complete the sentences.**
8. Jenny only put **a few / a little** cheese on her pizza bacause she’s on a diet.
9. We need **much/a lot of** tomatoes to make our delicious veggie sauce.
10. **How much/how many** pineapples did Dad ask us to buy?
11. I always eat **a little/a few** portions of fish every week.
12. Doctors are worried that **too much/too many** people eat unhealthy food.
13. There isn’t **a lot of/many** rice on Thomas’ plate.
14. I’m disappointed that this sandwich hasn’t got **a/much** ham in it.
15. **How much/how many** flour is there in the cupboard?
16. **Complete the sentences with the words and phrases below.**

A healthy lifestyle broccoli have a lot of energy medium – sized smoothie

Pineapple veggie burger

1. Mum made a delicius vegetable soup with potatoes and Purple and green ……………………………
2. We ……………………………………………… because we eat healthy food and do lots of exercise.
3. When Alice makes a ……………………………. , she uses a variety of fruit.
4. My favourite pizza isn’t unhealthy. It has ………………………….. and tomatoes on it.
5. Dad doesn’t eat heavy meals because he’s on a diet. Now he eats ……………………………………. portions instead.
6. There is no meat in Jamal’s lunch. He’s having a ………………………………………… and chips.
7. We live ………………………………………………….. because we want to try and stay well.
8. **Read the sentences. Are they true (T) or false (F)?**
9. Another name for an amount of food is a portion. ….
10. When food is delicious, it doesn’t taste good. …
11. A pineapple is a large fruit which is yellow inside, ….
12. A heavy mea lis a small amount of food that doesn’t make you feel full. …
13. When a person is on a diet, thwy eat more than usual. …
14. A recipe tells you how to cook a meal. …
15. A variety of things is another name for a lot of different kinds of things. …
16. **Match 1-7 to A-G.**
17. How much …
18. Nikolai only adds …
19. There wasn’t much ….
20. Sami always has a few …
21. We made a lot of veggie burgers …
22. How many …
23. Nick went on a diet because …
24. portions of fruit and vegetables do you eat every day?
25. he ate to omany sweet things on holiday
26. broccoli in Paul’s soup
27. because 200 people came to the school barbecue.
28. spinach do you put in your smoothies?
29. biscuits with his tea in the afternnoon.
30. a little milk to his tea.