

Lesson Ten

GRAMMAR

Count and Noncount Nouns
Quantity Words

CONTEXT

A Healthy Diet

LESSON FOCUS

We can classify nouns into two groups: count nouns and noncount nouns.

A count noun is something we can count. It has a singular form and a plural form.

one egg five eggs one American a thousand Americans
one book six books a child six children

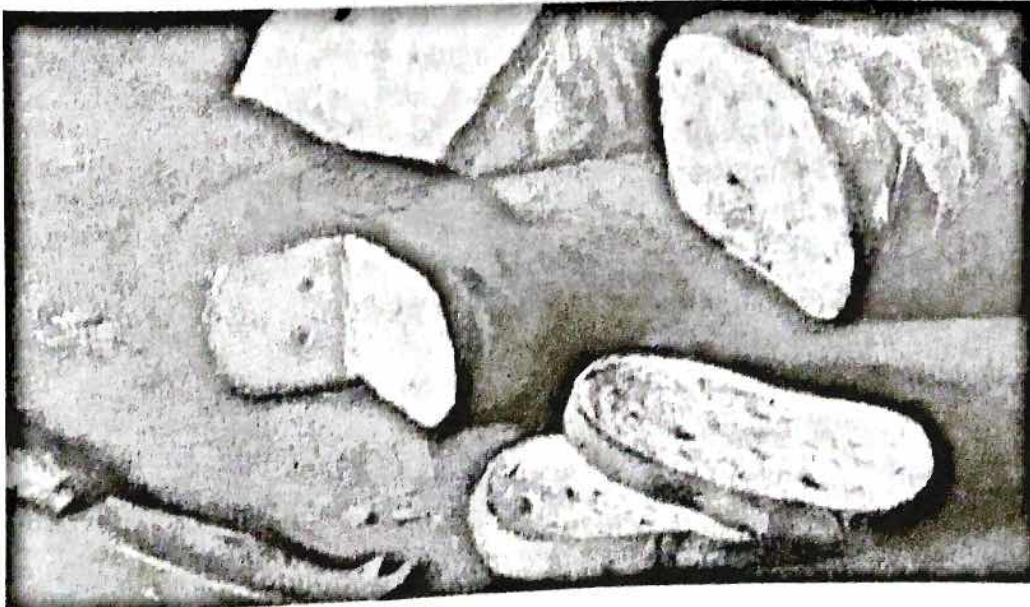
A noncount noun is something we don't count. It has no plural form.

bread sugar cheese
milk oil rice

We can use quantity words with count and noncount nouns.

I bought *a few* apples

I bought *a lot of* rice.



Group D: Nouns that are abstractions.

love	advice	happiness
life	knowledge	education
time	nutrition	experience
truth	intelligence	crime
beauty	unemployment	music
luck	patience	art
fun	noise	work
help	information	health

LANGUAGE NOTES

1. Count and noncount are grammatical terms, but they are not always logical. Rice is very small and is a noncount noun. Beans and peas are also very small but are count nouns.
2. You sometimes see the plural forms *foods* and *fruits*. *Foods* means kinds of food. *Fruits* means kinds of fruit.
Oranges and lemons are *fruits* that contain Vitamin C.
Foods that contain a lot of cholesterol are not good for you.
3. When you talk about candy in general, *candy* is noncount. When you look at individual pieces of candy, you can use the plural form.
Children like to eat *candy*.
There are three *candies* on the table.

EXERCISE 1 Fill in the blanks with a noncount noun.

EXAMPLE: Bread is in the first food group.

1. People should drink a lot of _____ every day.
2. _____ contains a lot of calcium.
3. Food from animals contains _____.
4. Children like to eat _____, but it's not good for their teeth.
5. Food packages have information about _____.
6. Some people put _____ in their coffee.
7. Women over 50 need a lot of _____.

10.2

Ways We See Noncount Nouns



By container	By portion	By measurement	By shape or whole piece	Other
a bottle of water a carton of milk a jar of pickles a bag of flour a can of soda (pop) ³ a bowl of soup a cup of coffee a glass of milk	a slice (piece) of bread a piece of meat a piece of cake a strip of bacon a piece (sheet) of paper a slice of pizza a piece of candy	a spoonful of sugar a scoop of ice cream a quart of oil a pound of meat a gallon of gasoline	a loaf of bread an ear of corn a piece of fruit a head of lettuce a candy bar a roll of film a tube of toothpaste a bar of soap	a piece of mail a piece of furniture a piece of advice a piece of information a work of art

LANGUAGE NOTES

- We cannot put a number before a noncount noun. With a noncount noun, we use a unit of measure, which we can count.
one cup of coffee
five cups of coffee
- For a list of conversions from the American system of measurement to the metric system, see Appendix G.

EXERCISE 2 Think of a logical measurement for each of these noncount nouns.

EXAMPLES: She bought one pound of coffee.
She drank two cups of coffee.

- She ate _____ meat.
- She bought _____ meat.
- She bought _____ bread.
- She ate _____ bread.
- She bought _____ rice.
- She ate _____ rice.
- She bought _____ sugar.
- She put _____ sugar in her coffee.

³ Some Americans say "soda"; others say "pop."

9. She bought _____ gas for her car.
10. She put _____ motor oil into her car's engine.
11. She used _____ paper to do her homework.
12. She took _____ film on her vacation.
13. She ate _____ soup.
14. She ate _____ corn.

10.3

A Lot Of, Much, Many

	Count (plural)	Noncount
Affirmative	He baked many cookies. He baked a lot of cookies.	He baked a lot of bread.
Negative	He didn't bake many cookies. He didn't bake a lot of cookies.	He didn't bake much bread. He didn't bake a lot of bread.
Question	Did he bake many cookies? Did he bake a lot of cookies? How many cookies did he bake?	Did he bake much bread? Did he bake a lot of bread? How much bread did he bake?

LANGUAGE NOTES

1. We rarely use *much* in affirmative statements. We usually use it with questions and negatives. In affirmative statements, we use *a lot of*.
Did he drink *much* coffee?
No, he didn't drink *much* coffee.
He drank *a lot of* water.
2. When the noun is omitted, we say *a lot*, not *a lot of*.
Did he bake *a lot of* bread?
No, he didn't bake *a lot* because he didn't have time.

EXERCISE 3 Fill in the blanks with *much*, *many*, or *a lot of*. In some cases, more than one answer is possible.

EXAMPLES: She doesn't eat much pasta.
Many American supermarkets are open 24 hours a day.
A lot of sugar is not good for you.

1. In the summer in the U.S., there's _____ corn.
2. Children usually drink _____ milk.
3. _____ American people have an unhealthy diet.
4. I drink coffee only about once a week. I don't drink _____ coffee.
5. There are _____ places that sell fast food.
6. It's important to drink _____ water.
7. How _____ glasses of water did you drink today?
8. How _____ fruit did you eat today?
9. How _____ cholesterol is there in one egg?
10. It isn't good to eat _____ candy.

10.4

A Few, A Little

Count (plural)	Noncount
I bought a few bananas.	I spent a little money.
She ate a few cookies.	She put a little sugar in her tea.

LANGUAGE NOTES

We use *a few* and *a little* to show a small quantity. We use *a few* with count nouns. We use *a little* with noncount nouns.

EXERCISE 4 Fill in the blanks with *a few* or *a little*.

EXAMPLES: He has a few good friends.

He has a little time to help you.

1. Every day we study _____ grammar.
2. We do _____ exercises in class.
3. The teacher gives _____ homework every day.
4. We do _____ pages in the book each day.
5. _____ students always get an A on the tests.
6. It's important to eat _____ fruit every day.

7. It's important to eat _____ pieces of fruit every day.
8. I use _____ milk in my coffee.
9. I receive _____ mail every day.
10. I receive _____ letters every day.

10.5

Some, Any, and A

	Singular Count	Plural Count	Noncount
Affirmative	I ate an apple.	I ate some grapes.	I ate some rice.
Negative	I didn't eat an apple.	I didn't eat any grapes.	I didn't eat any rice.
Question	Did you eat an apple?	Did you eat any grapes?	Did you eat any rice?

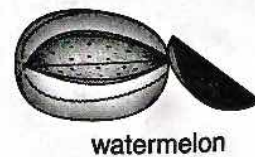
LANGUAGE NOTES

1. We sometimes use *some* for questions.
Do you want *some* fruit? = Do you want *any* fruit?
2. To make a negative statement with both plural count and noncount nouns, we can use *any* with a negative verb, or we can use *no* with an affirmative verb.
COMPARE: I didn't buy *any* apples.
I bought *no* apples.
I don't have *any* fruit at home.
I have *no* fruit at home.

EXERCISE 5 Fill in the blanks with *a*, *an*, *some*, or *any*.

EXAMPLE: I ate an apple.

1. I ate _____ corn.
2. I didn't buy _____ potatoes.
3. Did you eat _____ watermelon?
4. I don't have _____ sugar.
5. There are _____ apples in the refrigerator.
6. Do you want _____ orange?
7. Do you want _____ cherries?



watermelon

8. I ate _____ banana.
9. I didn't eat _____ strawberries.

EXERCISE 6 Make a statement about people in this class with the words given and an expression of quantity. Practice count nouns.

EXAMPLES: Vietnamese student(s)
There are a few Vietnamese students in this class.

Cuban student(s)
There's one Cuban student in this class.

- | | |
|--------------------------------|------------------------|
| 1. Polish student(s) | 6. man/men |
| 2. Spanish-speaking student(s) | 7. teacher(s) |
| 3. American(s) | 8. American citizen(s) |
| 4. child(ren) | 9. senior citizen(s) |
| 5. woman/women | 10. teenager(s) |

EXERCISE 7 Fill in the blanks with an appropriate expression of quantity. In some cases, more than one answer is possible. Practice noncount nouns.

EXAMPLE: I can't eat eggs because they have a lot of cholesterol.

1. You shouldn't eat so much red meat because meat has _____ cholesterol.
2. Only animal products contain cholesterol. There is _____ cholesterol in fruit.
3. Diet colas use a sugar substitute. They don't have _____ sugar.
4. There is _____ sugar in a cracker, but not much.
5. Plain popcorn is healthy, but buttered popcorn has _____ fat.
6. Coffee has caffeine. Tea has _____ caffeine too, but not as much as coffee.
7. She doesn't drink _____ tea. She only drinks tea occasionally.
8. I usually put _____ butter on a slice of bread.
9. I'm going to put some sugar in my coffee. Do you want _____ sugar in your coffee?
10. My sister is a vegetarian. She doesn't eat _____ meat at all. She eats _____ fish or chicken either.

EXERCISE 8 Ask a question with *much* and the words given. Use *eat* or *drink*. Another student will answer. Practice noncount nouns.

EXAMPLES:

candy

- A. Do you eat much candy?
- B. No. I don't eat any candy.

fruit

- A. Do you eat much fruit?
- B. Yes, I eat a lot of fruit.

Eat

1. rice

2. fish

3. chicken

4. pork

5. bread

6. cheese

Drink

7. apple juice

8. lemonade

9. milk

10. tea

11. coffee

12. soda or pop

EXERCISE 9 Ask a question with "Do you have . . ." and the words given. Another student will answer. Practice both count and noncount nouns.

EXAMPLES:

American friends

- A. Do you have any American friends?
- B. Yes. I have a lot of American friends.

free time

- A. Do you have any free time?
- B. No. I don't have any free time.

1. money with you now

2. credit cards

3. bread at home

4. bananas at home

5. orange juice in your refrigerator

6. plants in your apartment

7. family pictures in your wallet

8. time to relax

EXERCISE 10 This is a conversation between a husband (H) and wife (W). Choose the correct word to fill in the blanks.

H. Where were you today? I called you from work many times, but there was no answer.
(example: much, many)

W. I went to the supermarket today. I bought a few things.
(1 a little, a few)

H. What did you buy?

- W. There was a special on coffee, so I bought _____ coffee.
(2 a lot of, much)
- I didn't buy _____ fruit, because the prices were very high.
(3 any, no)
- H. How _____ money did you spend?
(4 much, many)
- W. I spent _____ money because of the coffee. I bought 10 one-pound bags.
(5 much, a lot of)
- H. It took you a long time.
- W. Yes. The store was very crowded. There were _____ people in the store. And there was _____ traffic at that hour, so it took me _____ time to drive home.
(6 much, many)
(7 a lot of, much)
(8 a lot of, much)
- H. There's not _____ time to cook.
(9 much, many)
- W. Maybe you can cook today and let me rest?
- H. Uh . . . I don't have _____ experience. You do it better.
(10 much, no)
- You have _____ experience.
(11 a lot of, much)
- W. Yes. I have _____ because I do it all the time!
(12 a lot of, a lot)

EXERCISE 11 This is a conversation between a waitress (W) and a customer (C). Fill in the blanks with an appropriate quantity word. (In some cases, more than one answer is possible.)



- W. Would you like _____ coffee, sir?
(example)
- C. Yes, and please bring me _____ cream too. I don't need _____ sugar. And I'd like a _____ of orange juice, too.
(1)
(2)
(3)

A few minutes later:

- W. Are you ready to order, sir?
- C. Yes, I'd like the scrambled eggs with three _____ of bacon. And some pancakes, too.
(4)
- W. Do you want _____ syrup with your pancakes?
(5)
- C. Yes. What kind do you have?



W. We have _____ different kinds: strawberry, cherry, blueberry, maple . . .
(6)

C. I'll have the strawberry syrup. And bring me _____ butter too.
(7)

After the customer is finished eating:

W. Would you like _____ dessert?
(8)

C. Yes, I'd like a _____ cherry pie. And put _____ ice cream on the pie. And I'd like _____ more coffee, please.
(9) (10) (11)

After the customer eats dessert:

W. Would you like anything else?

C. Just the check. I don't have _____ cash with me. Can I pay by credit card?
(12)

W. Of course.

10.6 A Lot Of vs. Too Much/Too Many

A lot of = Large quantity
No problem is presented

Too much/Too many = Excessive quantity
A problem is presented

I eat **a lot of** fruit.

I baked **a lot of** cookies.

If you put **too much** sugar in my tea, I can't drink it.

She invited **too many** people to the party, and there was not enough food.

LANGUAGE NOTES

1. *A lot of* shows a large quantity. It is a neutral term. *Too much* and *too many* show that the quantity is excessive for a specific purpose.
2. In some cases, *too much/too many* and *a lot of* are interchangeable.
He eats *a lot of* cookies. He's getting fat.
OR
He eats *too many* cookies. He's getting fat.

EXERCISE 12 Fill in the blanks with *much* or *many*, and complete each statement.

EXAMPLE: If I drink too much coffee, I won't be able to sleep tonight.

1. If the teacher gives too _____ homework, _____

2. If I take too _____ classes, _____
3. If I eat too _____ candy, _____
4. If I'm absent too _____ days, _____
5. Too _____ cholesterol _____

10.7

Too Much/Too Many vs. Too

Too + Adjective or Adverb

Too Much + Noncount Noun
Too Many + Count Noun

I don't eat ice cream. It is **too** fattening.

I don't eat ice cream. It has **too many** calories.
It has **too much** sugar.

LANGUAGE NOTES

Too comes before adjectives and adverbs. *Too much* and *too many* come before nouns.

EXERCISE 13 Fill in the blanks with *too*, *too much*, or *too many*.

Situation A. Some students are complaining about the school cafeteria. They are giving reasons why they don't want to eat there.

EXAMPLE: It's too noisy.

1. The food is _____ greasy.
2. There are _____ students. I can't find a place to sit.
3. The lines are _____ long.
4. The food is _____ expensive.
5. There's _____ noise.

Situation B. Some students are complaining about their class and school.

1. The classroom is _____ small.
2. There are _____ students in one class.
3. We have to write _____ compositions.
4. The teacher gives _____ homework.
5. There are _____ tests.

EXERCISE 14 Write a few sentences to complain about something: your apartment, your roommate, this city, this college, etc. Use *too*, *too much*, or *too many* in your sentences.

EXAMPLE:

My roommate spends too much time in the bathroom in the morning. He's too messy.⁴

EXERCISE 15 Fill in the blanks with *too*, *too much*, or *too many* if a problem is presented. Use *a lot of* if no problem is presented.

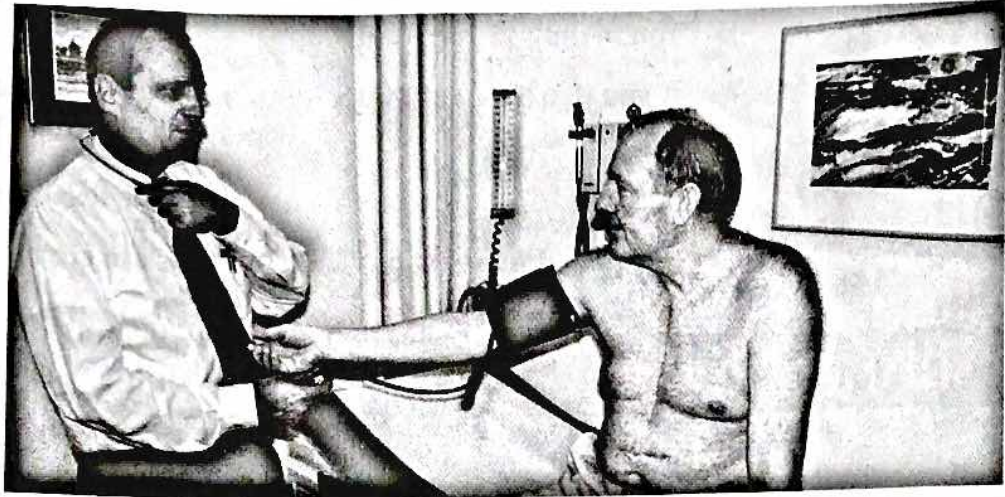
EXAMPLE:

Most people can't afford to buy a Mercedes because it costs too much money.

1. There are _____ noncount nouns in English.
2. "Rice" is a noncount noun because the parts are _____ small to count.
3. If this class is _____ hard for you, you should go to a lower level.
4. Good students spend _____ time doing their homework.
5. If you spend _____ time watching TV, you won't have time for your homework.
6. It takes _____ time to learn English, but you can do it.
7. Oranges have _____ vitamin C.
8. If you are on a diet, don't eat ice cream. It has _____ calories and _____ fat.
9. Babies drink _____ milk.
10. If you drink _____ coffee, you won't sleep.

EXERCISE 16 A doctor (D) and patient (P) are talking. Fill in the blanks with an appropriate quantity word or unit of measurement to complete this conversation. (In some cases, more than one answer is possible.)

⁴ A messy person does not put his or her things in order.



- D. I'm looking at your lab results and I see that your cholesterol level is very high. Also your blood pressure is too high. Do you use _____ salt on your food?
(1) *(example)*
- P. Yes, doctor. I love salt. I eat _____ potato chips and popcorn.
(2)
- D. That's not good. You're overweight too. You need to lose 50 pounds. What do you usually eat?
- P. For breakfast I usually grab _____ of coffee and a doughnut.
(3)
- I don't have _____ time for lunch, so I eat _____ of potato chips and drink _____ of soda while I'm working. I'm so busy that I have _____ time to cook at all. So for dinner, I usually stop at a fast-food place and get a burger and fries.
(4) (5) (6) (7)
- D. That's a terrible diet! How _____ exercise do you do?
(8)
- P. I never exercise. I don't have _____ time at all. I own my own business and I have _____ work. Sometimes I work 80 hours a week.
(9) (10)
- D. I'm going to give you an important _____ advice. You're going to have to change your lifestyle.
(11)
- P. I'm _____ old to change my habits.
(12)

- D. You're only 45 years old. You're _____ young to die. And
 (13) if you don't change your habits, you're going to have a heart attack. I'm going to give you a booklet about staying healthy. It has _____ information that will teach you about diet and
 (14) exercise. Please read it and come back in six months.

SUMMARY OF LESSON 10

Words that we use before count and noncount nouns

Word	Count (singular) Example: <i>book</i>	Count (plural) Example: <i>books</i>	Noncount Example: <i>tea</i>
the	x	x	x
a	x		
one	x		
two, three, etc.		x	
some (affirmatives)		x	x
any (negatives and questions)		x	x
a lot of		x	x
much (negatives and questions)			x
many		x	
a little			x
a few		x	

EDITING ADVICE

1. Don't put *a* or *an* before a noncount noun.

I want to give you ^{some} ~~an~~ advice.

2. Noncount nouns are always singular.

My mother gave me ^{a lot of} many advices.

He received ^{pieces of} three mails today.

3. Don't use a double negative.

He doesn't have ^{any} no time. OR He has no time.

4. Don't use *much* with an affirmative statement.

Uncommon: There was much rain yesterday.

Common: There was a lot of rain yesterday.

5. Use *a* or *an*, not *any*, with a singular count noun.

Do you have ^a any computer?

6. Don't use *a* or *an* before a plural noun.

She has a blue eyes.

7. Use the plural form for plural count nouns.

He has a lot of friend^s.

8. Omit *of* after *a lot* when the noun is omitted.

In my country, I have a lot of friends, but in the U.S. I don't have a lot of.

9. Use *of* with a unit of measure.

I ate three ^{of} pieces bread.

10. Don't use *of* after *many*, *much*, *a few*, *a little* if a noun follows directly.

She has many of friends.

He put a little of sugar in his coffee.

11. Only use *too much/too many* if there is a problem.

He has a good job. He earns ^{a lot of} too much money.

12. Don't use *too much* before an adjective or adverb.

I don't want to go outside today. It's too much hot.

LESSON 10 TEST / REVIEW

PART 1

Find the mistakes with the underlined words, and correct them. Not every sentence has a mistake. If the sentence is correct, write C.

EXAMPLES: My dog doesn't get enough exercise. He's too much fat.

You can be happy if you have a few good friends. C

1. He doesn't have no money with him at all.
2. He's a lucky man. He has too many friends.
3. There are a lot of tall buildings in a big city. There aren't a lot of in a small town.
4. I don't have much time to help you.
5. A 14-year-old person is too much young to get a driver's license.
6. A few students in this class are from Pakistan.
7. I don't have some time to help you.
8. I don't have any car. I use public transportation.
9. Did we have many snow last winter?
10. Many people would like to have a lot of money in order to travel.
11. He doesn't have any time to study at all.
12. I'd like to help you, but I have too many things to do this week. Maybe I can help you next week.
13. She drinks two cups of coffee every morning.
14. I drink four milks a day.
15. He bought five pounds sugar.
16. How much bananas did you buy?
17. How much money did you spend?
18. This building doesn't have a basement.
19. I have much time to read because I'm on vacation now.
20. She gave me a good advice.
21. The piano is too much heavy. I can't move it.

22. I have a lot of cassette, probably over 200.

23. I don't have much experience with cars.

24. There are many of books in the library.

25. I have a little time, so I can help you.

PART 2

Fill in the blanks with an appropriate measurement of quantity.

EXAMPLE: a cup of coffee

1. a _____ of soda

6. a _____ of advice

2. a _____ of sugar

7. a _____ of bread

3. a _____ of milk

8. a _____ of paper

4. a _____ of furniture

9. a _____ of meat

5. a _____ of mail

10. a _____ of soup

PART 3

Read the following composition. Choose the correct quantity word or indefinite article.

I had some problems when I first came to the U.S. First, I didn't have _____ money. _____ friends of mine lent me _____ money, but I didn't feel good about borrowing it.

Second, I couldn't find _____ apartment. I went to see _____ apartments, but I couldn't afford _____ of them. For _____ months, I had to live with my uncle's family, but the situation wasn't good.

Third, I started to study English, but soon found _____ job and didn't have _____ time to study. As a result, I was failing my course.

However, little by little my life started to improve, and I don't need _____ help from my friends and relatives anymore.

EXPANSION ACTIVITIES

CLASSROOM ACTIVITIES

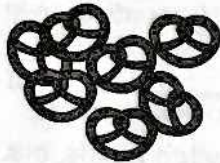
1. Make a list of unhealthy things that you eat. Make a list of things that you need to eat for a healthy diet.

Unhealthy things I eat	Things I should eat

2. These are some popular foods in the U.S. Put a check (✓) in the column that describes your experience of this food. Then find a partner and compare your list to your partner's list.



submarine sandwich



pretzels



tortilla chips

Food	I like	I don't like	I never tried
pizza		✓	
hot dogs			
hamburgers			
tacos			
breakfast cereal			
peanut butter			
cheesecake			
potato chips			
popcorn			
submarine sandwiches			
chocolate chip cookies			
fried chicken			
pretzels			
tortilla chips			

3. Take something from your purse, pocket, or book bag. Say, "I have _____ with me." Then ask the person next to you if he or she has this.

EXAMPLE:

I have some keys in my pocket. Do you have any keys in your pocket?

I have a picture of my daughter in my purse. Do you have any pictures of your family in your purse?

4. Cross out the phrase that doesn't fit and fill in the blanks with an expression of quantity to make a true statement about the U.S. or another country. Find a partner and compare your answers.

EXAMPLE:

There are/There aren't many foreigners in the U.S.

- a. There's/There isn't _____ interest in soccer in _____.
- b. There's/There isn't _____ opportunity to make money in _____.
- c. People in _____ eat/don't eat _____ natural foods.
- d. There are/There aren't _____ single mothers in _____.
- e. Most people in _____ have/don't have _____ education.
- f. Parents in _____ give/don't give their children _____ advice.
- g. People in _____ drink/don't drink _____ tea.

DISCUSSION

1. Look at the dialog that takes place in a restaurant on pages 291–292. Do you think this man is eating a healthy breakfast? Why or why not?
2. Americans often eat some of these foods for breakfast:
cereal and milk, toast and butter or jelly, orange juice, eggs, bacon, coffee
Describe a typical breakfast for you.
3. Most American stores sell products in containers: bags, jars, cans, etc. How do stores in other countries sell products?
4. Do stores in other countries give customers bags for their groceries, or do customers have to bring their own bags to the store?
5. Some things are usually free in an American restaurant: salt, pepper, sugar, cream or milk for coffee, mustard, ketchup, napkins, water, ice, coffee refills, and sometimes bread. Are these things free in a restaurant in another country?

SAYING

The following saying is about food. Discuss the meaning. Do you have a similar saying in your native language?

You are what you eat.

**OUTSIDE
ACTIVITY**

1. Bring to class a package of a food or drink you enjoy. Read the label for "Nutrition Facts." Look at calories, grams of fat, cholesterol, sodium, protein, vitamins, and minerals. Do you think this is a nutritious food? Why or why not?
2. Bring a favorite recipe to class. Explain how to prepare this recipe.

WRITING

Describe shopping for food in the U.S. or in another country. You may include information about the following:

- packaging
- open market vs. stores
- self-service vs. service from sales people
- shopping carts
- fixed prices vs. negotiable prices
- freshness of food

Internet Activities



1. Go to the Department of Agriculture web site. Find the food pyramid chart and brochure. Fill out the form called "How to Rate Your Diet."
2. Use the Internet to find a recipe for something you like to eat. Bring the recipe to class.