

**LESSON 12 Betsy and Mary's diet**  
**How much , how many , not much**

**You are going to learn**

- 1-How much / how many**
- 2- A lot of**
- 3- not many / not much .**
- 4- Betsy and Mary's diet**
- 5- Exercise**
- 6- Remember**
- 7- Solutions**

## How much / How many A lot of Not many / Not much

-They are used to **express a quantity** .

**1- We use** : How many / A lot of / not many  
for **countable nouns** .

**eg** : There are not many tables

**2- We use** : How much / a lot of / not much  
for **uncountable nouns** .

**eg** : Is there much rain ?

**3- We use** : - A lot of **in the affirmative** .

- Not many , not much **in the negative** .

- Many , much **in the interrogative** .

**eg** : - Is there **much** water ?

- Yes, there is **a lot of** water .

- No , there is **not much** water .

- Are there **many** animals ?

Yes , there are **a lot of** animals .

No , there are **not many** animals .

## Betsy and Mary's diet

**Betsy** : Oh my God ! I can't put my jeans on !

**Mary** : Why not ?

**Betsy** : They are too tight . I've put on weight . I must go on a diet .

**Mary** : It's the same for me !

Look at this dress I am wearing ! I look like a black pudding in a dress .

**Betsy** : So, we must eat less and drink a lot .

**Mary** : A lot of vegetables and not much bread .

**Betsy** : Yes , a lot of liquid and not many cakes .

**Mary** : Okay let's start the diet tomorrow , then !

We need sandwiches today .

## Exercises

### Exercise 01

Read the dialogue and answer these questions :

اقرأ الحوار و اجب عن هذه الأسئلة .

- 1- Can Mary put on her jeans ?  
.....
- 2- Are they too large ?  
.....
- 3- Does Betsy look like a top model ?  
.....
- 4- Must they eat less , then ?  
.....
- 5- What do they decide to do?  
.....
- 6- Do they go on diet today ?  
.....

### Exercise 02

Read the text ,cross on the wrong statement

أقرأ النص و اشطب عن الجمل الخاطئة

#### The Diet

- 1- Eat less
- 3- Eat a lot of cakes
- 3- Add sugar in your drink

- 4- Drink a lot of sodas
- 5- Eat a lot of vegetables
- 6- Have sandwiches
- 7- Not much bread

### Exercise 03

Read this dialogue

اقرأ هذا الحوار

**Mary** :How many carrots are there in the soup ?

**Betsy** :There are a lot of carrots and not many potatoes.

**Mary** : And how much salt ?

**Betsy** : Not much salt but a lot of parsley .It is rich in vitamins .

Put in : Many / Much

أملأ الفراغ بـ

- 1- There is not .....sugar in that cake .
- 2- Tomatoes have not got .....vitamins .
- 3- Do not put .....salt in your salad .
- 4- There is not .....flour in your recipe .
- 5- There are not .....fruits at the market .

## Exercise 04

Complete Mary's recipe , using :  
many / much / a lot of , to make a pudding .  
اكمل الجمل مستعملا a lot of أو much , many

- 1- Not .....biscuits
- 2- Not .....sugar
- 3- Not .....honey
- 4- Not.....fruit
- 5- Not.....milk
- 6- Not .....butter
- 7- Not .....baking powder
- 8- Not .....chocolate

Mix all the ingredients and put them in a pan .

**Betsy** : Are you sure ??  
Is it really a pudding ??

**Mary** : Well, I am not sure for the quantities .  
We have got a lot of milk in the pan.  
Okay,let's make a cake now, and cook it in  
the oven !

## Exercise 05

Look at this example

انظر لهذا المثال

eg : How **much** coffee is there ?

There **is a lot of** coffee in the cupboard .

Now do the same :

الآن افعل نفس الشيء

1- .....?

There are a lot of eggs in the fridge .

2- .....?

There is a lot of flour in the pan .

3- .....?

There is a lot of jam .

4- .....?

There are not many sweets in the box .

## Exercise 06

Read the paragraph about the cake

اقرأ هذه الفقرة .

There is a lot of chocolate but there is not much sugar

There are a lot of eggs but not many fruits in that cake.

What about a chorba ?

Write a similar paragraph

اكتب فقرة مماثلة

.....  
.....  
.....  
.....

## REMEMBER

### Expressing quantity

#### Countable nouns

- Are there many .....?( interrogative )
- There are a lot of ..... ( affirmative )
- There are not many .....( negative)

#### Uncountable nouns

- Is there much ..... ? (interrogative )
- There is a lot of .....( affirmative )
- There is not much ..... ( negative )



## Solution

### Exercise 01

- 1- No, she can't
- 2- They are too tight
- 3- No , she does not
- 4- Yes, they must
- 5- They decide to go on a diet
- 6- No , today .Tomorrow

### Exercise 02

- 2 : X eat a lot of cakes
- 3 : X add sugar
- 4 : X drink a lot of sodas
- 6 : X have sandwiches

### Exercise 03

- 1- Much
- 2- Many
- 3- Much
- 4- Much
- 5- Many

## Exercise 04

- 1- many
- 2- much
- 3- much
- 4- a lot of
- 5- much
- 6- a lot of
- 7- much
- 8- a lot of

## Exercise 05

- 1- How many eggs are there in the fridge ?
- 2- How much flour is there in the jar ?
- 3- How much jam is there ?
- 4- How many sweets are there in the box ?
- 5- How much milk have we got in the pan ?

## Exercise 06

- there is a lot of water in the chorba
- there is not much meat
- there are alot of vegetables
- there are not many chick peas
- there are a lot of tomatoes
- there is not much cinnamon.