

PRE- INTERMEDIATE 2

FIRST SESSION

SATURDAY 20TH MARCH 2021

INTRODUCTION

- Introduce yourself.
- Why do you want to learn English?
- Do you like online learning or prefer Face to face

DURING THIS COURSE WE WILL COVER 3 UNITS UNIT 4 / UNIT 5 /UNIT 6

- We have 9 sessions on (Saturday,Monday,Wednesday)
- The session will be recorded and you will be able to find it on the Amideast online webpage.
- Also the material will be uploaded on the web page

As for the quizzes

We have 3 online quizzes and 3 oral quizzes

UNIT 4

EAT , DRINK AND BE MERRY

- What did you eat and drink yesterday? Make a list
- Compare your list with the class. Who ate the healthiest?
- **EXAMPLE** : For breakfast I had a cup of coffee, some cereal and a banana. For lunch I had a piece of grilled chicken and some salad. For dinner ate an apple.

VOCABULARY BEFORE WE START READING

Extraordinary : unusual ex :Taha Hussein had an extraordinary life.

Ambition: desire to achieve something ex: Mo Salah had great ambition as a kid ,he wanted to be a successful player

Restriction : limitation or control . Ex : the president house has a lot of restrictions.

Raw food : not cooked

Steam food: to cook food above boiling water not in water

Fry food : to cook in oil

Grill: a way of fast cooking on a grill used for meat and chicken

Roast: slow way of cooking by putting the food in a closed hot place (oven)

Clams



HOW TO LIVE TO BE 120
EXPRESSIONS OF
QUANTITY
(MUCH/MANY/A LITTLE
A FEW/A LOT/ LOTS
OF/SOME /ANY)

Read about Clause and Elvira Bonrich.

- What is their extraordinary ambition?
- What are their jobs?
- What kind of food do they eat? Do they cook their food?



An extraordinary ambition!

Claus Bonrich (33) and his wife **Elvira** (28) are a successful young couple. Claus is a software programmer and Elvira works in a health food store. In many ways their life is ordinary, but they have an extraordinary ambition. They want to live until they are 120. And they believe they can do this by following a health plan called the "Calorie Restriction Diet." Claus and Elvira eat a lot of raw food. They steam some food, but they don't fry, grill, or roast anything, and there are many things they don't eat at all.

"We want to live to be 120!"

COUNT AND NONCOUNT

2 Look at the nouns in the boxes. Which group can you count? Which can't you count? Label the boxes *Count* or *Noncount*.

apples	grapes	meat	fish
carrots	clams	orange juice	coffee
vegetables	calories	tea	fruit
		broccoli	soda



UNIT 4

4.1 Expressions of quantity

Count and noncount nouns

1 Notice the difference between count and noncount nouns.

Count nouns	Noncount nouns
a cup	water
a girl	sugar
an apple	milk
an egg	music
a dollar	money

We can say *three cups, two girls, ten dollars*. We can count them. We cannot say *two waters, three musics, one money*. We cannot count them.

2 Count nouns can be singular or plural.

This cup is full.

These cups are empty.

Noncount nouns can only be singular.

The water is cold.

The weather was terrible.

SOME/ANY/MANY/MUCH/A LOT OF/LOTS OF/A FEW/A LITTLE

GRAMMAR SPOT

- 1 Look at the expressions of quantity in A, B, and C. Which group is used with plural, count nouns? Which group with noncount nouns? Which is used with both?

A	B	C
How much ...? not much a little	How many ...? not many a few	some/any not any/no a lot of/lots of

Find examples in the interview in Exercise 3.

- 2 *Much* and *many* are not usually used in affirmative statements. When do we use them? Correct the sentences.

There are many books in my bag. ✗

There's much homework tonight. ✗

- 3 Look at these sentences. Which is a request?

Is there *any* orange juice? Can I have *some* orange juice?

▶▶ Grammar Reference 4.1 p. 135

- **Some** :used with positive sentences
- **Any** :used with questions and negative
- **Request and offer** : some is used in questions that are requests and offers. **Ex:** Can I have some coffee?(request)
- **Offer:** Would you like some coffee?(offer)
- **Much:** noncount nouns questions and negative
- **Many** :count nouns questions and negative
- **A lot of/ lots of** : positive sentences with both count and noncount nouns. And also used in questions and negative.
- **Example:** I have a lot of friends.(not many friends)
- I have lots of money.(not much money)
- **A few:** countable nouns
- **A little** non countable nouns

much and many

- 1 We use *much* with noncount nouns in questions and negatives.
How much money do you have?
There isn't much milk left.
- 2 We use *many* with count nouns in questions and negatives.
How many people were at the party?
I didn't take many pictures on vacation.

some and any

- 1 *Some* is used in affirmative sentences.
I'd like some sugar.
- 2 *Any* is used in questions and negatives.
Is there any sugar in this tea?
Do you have any brothers and sisters?
We don't have any soap.
I didn't buy any apples.
- 3 We use *some* in questions that are requests or offers.
Can I have some cake?
Would you like some tea?
- 4 The rules are the same for *someone, anything, anybody, somewhere, etc.*
I have something for you.
Hello? Is anybody here?
There isn't anywhere to go in my town.

a few and a little

- 1 We use *a few* with count nouns.
There are a few cookies left, but not many.
- 2 We use *a little* with noncount nouns.
I only have a little time.

a lot/lots of

- 1 We use *a lot/lots of* with both count and noncount nouns.
There's a lot of butter.
I have lots of friends.
- 2 *A lot/lots of* can be used in questions and negatives.
Are there lots of tourists in your country?
There isn't a lot of butter, but there's enough.

apples
carrots
vegetables

grapes
clams
calories

meat
orange juice
tea
broccoli

fish
coffee
fruit
soda



3 Work with a partner. Read and complete the questions and answers about the diet with the nouns from Exercise 2.

- “ 1 Q Do you eat any meat ?
A No, we don't eat any _____ at all, but we eat some _____.
- 2 Q How much _____ do you eat?
A We eat a little _____ like cod or salmon, but we love shellfish so we eat a lot of _____.
- 3 Q Do you eat much _____?
A Oh, yes, we eat a lot of fresh _____ and _____, everything.
- 4 Q And do you eat many _____?
A Yes, of course, we eat lots of raw _____.
- 5 Q You don't cook any vegetables at all?
A We cook some. Sometimes we steam a few _____ and a little _____.
- 6 Q And what do you drink?
A Well, we don't drink any _____ or _____, and of course, there's no _____ in our diet, but we do drink a lot of _____.
- 7 Q How many _____ do you have every day?
A About 1,500.
That's about 1,000 fewer than most people. ”

4 **CD1 49** Listen and check. Practice the questions and answers with your partner.

UNIT 4

CD1 49 How to live to be 120!

- Q Today we're talking to a couple on a calorie-restricted diet.
So ... do you eat any meat?
A No, we don't eat any meat at all, but we eat some fish.
- 2 Q How much fish do you eat?
A We eat a little fish like cod or salmon, but we love shellfish so we eat a lot of clams.
- 3 Q Do you eat much fruit?
A Oh, yes, we eat a lot of fresh fruit – apples and grapes – everything.
- 4 Q And do you eat many vegetables?
A Yes, of course, we eat lots of raw vegetables.
- 5 Q You don't cook any vegetables at all?
A We cook some. Sometimes we steam a few carrots and a little broccoli.
- 6 Q And what do you drink?
A Well, we don't drink any tea or coffee, and of course, there's no soda in our diet, but we do drink a lot of orange juice.
- 7 Q How many calories do you have every day?
A About 1,500.
That's about 1,000 fewer than most people.