

2 long enough	7 plenty of
3 a lot of	8 quite a lot of
4 enough time	9 Lots of
5 much time	10 too hard
6 too many	11 too much
	12 a few

Grammar notes

Quantifiers

- SS should have seen most or all of these forms previously but here they are brought together.

Large quantities

- *Lots of* is a colloquial equivalent of *a lot of*. Be careful SS don't say *a lots of*.

Small quantities

- *A little* and *very little* are quite different in meaning (the second is more negative). The same applies to *a few* and *very few*.

Zero quantities

- *not ... any* is the most common way to talk about zero quantities, e.g. *I don't have any money, there isn't any milk.*
However, you can also use *no + noun* after *there is* and *have*, e.g. *There's no milk.*
- *None* is a pronoun so is used on its own, e.g. *Is there any milk? No, I'm afraid there's none left.*

More / less than you need

- Typical mistakes are:
 - using *too much* + an adjective, e.g. *I'm too-much busy.*
 - the position of *enough*, e.g. *I'm not-enough tall to open-the cupboard.*
 - mispronouncing *enough*.
 - some nationalities confuse *plenty of* and *full of* because of L1 interference.

Pronunciation

2b

5.1		CD2 Track 28		
up /ʌ/	horse /ɔː/	phone /əʊ/	car /ɑː/	boot /uː/
enough	bought	although	laugh	through
tough	brought			
	caught			
	daughter			
	thought			

Listening

3a

- | | |
|----------------|----------------|
| 1 sitting down | 4 in silence |
| 2 gym, yoga | 5 bath, shower |
| 3 long walk | |

3b

- 1 Eat breakfast sitting down – If you eat it standing up, you start the day in a hurry.
- 2 Forget the gym. Do yoga. The gym is stressful. Aerobics, etc. makes your heart beat quickly. Yoga helps you slow down (and get fit).
- 3 Go for a long walk. When we walk we can't do it fast. We have time to look at everything and everybody (birds, trees, shops, people, etc.). Helps us stop, think, and relax.
- 4 Spend ten minutes each day in silence. Meditation teaches your mind to slow down and think more clearly (good for your general health too).
- 5 Have a bath, not a shower. A half an hour bath is relaxing and will slow you down at the end of a hard day.

Reading and vocabulary

4a

- | | |
|--------------------|------------------|
| 1 <u>encourage</u> | 4 <u>promote</u> |
| 2 <u>increase</u> | 5 <u>reduce</u> |
| 3 <u>ban</u> | 6 <u>protect</u> |

4b

The counter-revolution is a movement whose aim is to slow life down (so that we live in a happier and healthier way).

4c

- A**
- 1 Carlo Petrini, an Italian journalist. Because he saw that McDonald's had opened a restaurant in a beautiful square in Rome.
 - 2 He thought it was tragic that people live too quickly to sit down to eat a proper meal and that they only eat mass-produced food.
 - 3 To encourage people to stop during the day and eat slowly, to use local shops and markets, eat out in small family restaurants, cook with traditional recipes.
 - 4 It is now a global organization and has members in 100 countries.
- B**
- 1 It was inspired by the Slow Food movement. It was started by the mayor of Greve in Chianti in Italy.
 - 2 Its aims are to make our towns places where people enjoy living and working and to protect things that make the town different.
 - 3 It has spread all over the world, e.g. Japan, Australia, etc.
 - 4 Most people are very happy ('delighted') because they think it increases their quality of life. Teenagers aren't so happy. They have to travel 25 km to the nearest city if they want excitement.

Vocabulary

5b

government
movement

organization
relaxation

discussion
reaction

proposal
survival

happiness
madnes

possibility
similarity