



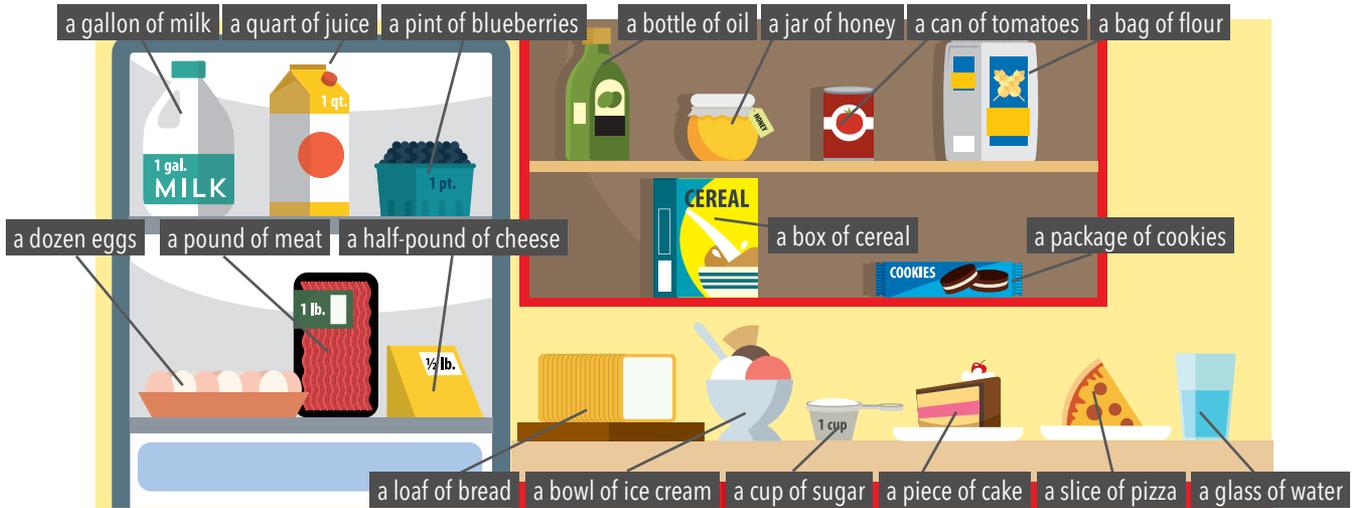
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There are places where almost everyone lives to 100. Can you guess what people eat there? Hint: It's not burgers!

1 VOCABULARY Partitives

A ▶ 04-08 Listen. Then listen and repeat.



B ▶ 04-09 Listen to the conversations. Write the words that you hear.

1. a _____ of tomatoes and a _____ of sugar
2. a _____ of ice cream and a _____ of cookies
3. a _____ of soda with a _____ of lemon
4. a _____ of blueberries and one _____ of butter

C PAIRS List a new food for five of the partitives in 1A.

a bottle of soda, a pound of butter,...

2 GRAMMAR *Much / Many / A lot of* and *How much / How many*



Use *much* with non-count nouns. Use *many* with plural count nouns. Use *a lot of* with both non-count nouns and plural count nouns.

Questions with <i>How much / How many</i>			Statements with <i>Much / Many / A lot of</i>		
<i>How much / How many</i>	Noun			<i>Much / Many / A lot of</i>	Noun
How much	water	do you drink?	I drink	a lot of	water.
	meat	did she eat?	She didn't eat	much	meat.
How many	vegetables	did they cook?	They didn't cook	many	vegetables.

Notes

- We usually use *much* in questions and negative statements. Do not use *much* in affirmative statements. *I usually drink **a lot of water.** not I usually drink **much water.***
- *Many* and *a lot of* are often used the same way.
*I like **many** different **vegetables.** I like **a lot of** different **vegetables.***
- Use *how many* with words like *cartons, bottles, bags, pounds, bowls, and cups.*
***How much water** do you drink? **How many bottles of water** do you drink?*

>> FOR PRACTICE, GO TO PAGE 135



3 PRONUNCIATION

A ▶04-11 Listen. Notice the way we link *of* to the words around it. Then listen and repeat.

a piece of cake a bowl of ice cream
a box of cookies a box of oatmeal

B ▶04-12 Draw a line (/) through *f* in *of* if we can drop the sound. Draw linking lines to show where we link *of* to the words around it. Then listen and check your answers.

- | | | |
|---------------------|----------------------|------------------------|
| 1. a cup of coffee | 3. a bowl of soup | 5. a glass of iced tea |
| 2. a carton of eggs | 4. a bottle of water | 6. a lot of oil |

C **PAIRS** Make three sentences using the phrases in 3A or 3B. Link *of* to the words around it.

Phrases with *of*

The word *of* is unstressed and has the short, weak vowel /ə/. When the next word begins with a vowel sound, we say /əv/: *a cup of ice*. When the next word begins with a consonant sound, the /v/ sound is often dropped: *a glass of milk*. We link *of* to the words around it.

4 LISTENING

A ▶04-13 Listen to the podcast. What is it about?

- the foods people grow in Sardinia and Okinawa
- famous dishes from Sardinia and Okinawa
- how food affects health in Sardinia and Okinawa

B ▶04-13 Read the Listening Skill. Listen again. Put a check mark (✓) under the things that people eat and drink in Sardinia and Okinawa, according to the speaker.



Centenarians in Okinawa and Sardinia

LISTENING SKILL Listen for comparisons

Speakers sometimes talk about two different things or situations. Listen for words that show comparisons, such as *both, also, similar, whereas, and alike*.

	Sweet potatoes	Vegetables	Soup	Tea	Wine	Water
Sardinia						
Okinawa						

C ▶04-13 Listen again. Complete the sentences.

- A centenarian is _____ years old or older.
- A person's _____ can help them live a long life.
- Antioxidants help to _____ aging.
- The biggest meal in Blue Zones is _____ of the day.

D **PAIRS** Which idea from the podcast do you think is the most important? Why?

5 TRY IT YOURSELF

A **MAKE IT PERSONAL** Think about your local foods and customs. What are the best healthy foods and drinks in your country? How much should you eat or drink every day? Take notes.
mangos; 1 cup per day

B **PAIRS** Discuss your notes from 5A. Ask questions to get more information.

A: *Mangos are a big part of our local diet. It's important to eat a lot of fruits and vegetables.*

B: *I agree. How many mangos do you think you should eat?*

A: *I think you should eat one cup of mango every day.*

