What should we eat?

Reading + Grammar: *should / shouldn't + much / many / a lot of*

1 KEY VOCABULARY

portion	*n.*	porción
vegetables	*n.*	verduras
dairy	*n.*	lácteos
protein	*n.*	proteína
sugary	*adj.*	azucarado
fibre	*n.*	fibra
balance	*n.*	equilibrio
snack	*n.*	refrigerio, snack
fluids	*n.*	líquidos
wholegrain	*adj.*	integral

2 USEFUL PHRASES & EXPRESSIONS

- **We should eat 5 portions a day.** → *Deberíamos comer 5 porciones al día.*
- **You shouldn't eat a lot of cakes.** → *No deberías comer muchos pasteles.*
- **I don't eat much sugar.** → *No como mucha azúcar.*
- **How many portions do you eat?** → *¿Cuántas porciones comes?*
- **How much water do you drink?** → *¿Cuánta agua bebes?*
- **a balanced diet** → *una dieta equilibrada*

6 EVERYDAY LIFE INSIGHT

★ **Eating well at work**

Long workdays make it easy to skip meals or eat sugary snacks. Planning your lunch and keeping water on your desk are simple ways to keep your energy up. (General advice — always follow your doctor for special diets.)

3 THE KEY POINT

Use **should / shouldn't** + base verb for advice. Use **many** with countable nouns, **much** with uncountable nouns, and **a lot of** with both.

Advice: You **should** drink 6 to 8 glasses of fluids a day. We **shouldn't** eat many sugary snacks.

Countable: How **many** vegetables? · not **many** biscuits

Uncountable: How **much** water? · not **much** sugar · **a lot of** fruit / **a lot of** water

4 QUICK PRACTICE

Choose the correct option.

1. You (should to / should) eat more fruit.
2. How (many / much) bread do you eat?
3. I don't drink (much / many) coffee.
4. We shouldn't eat (much / a lot of) cakes.

5 ANSWERS & EXPLANATION

Answers: 1 should · 2 much · 3 much · 4 a lot of

After **should**, use the base verb (no *to*). *Bread* and *coffee* are uncountable → **much**. *Cakes* is countable plural → **a lot of** (or *many*).

Today's resource: The Eatwell Guide (NHS) · https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/

> *Balance on your plate, energy in your day.*



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