

UNIT

6

Modifiers
Adverbs

A HEALTHY PLANET, A HEALTHY BODY

Forest bathing in Jedediah Smith
Redwoods State Park, California, U.S.

It is health that is real wealth and
not pieces of gold and silver.
MAHATMA GANDHI

Feeding the Planet



An increasing demand for meat and dairy puts pressure on the planet.

Read the following article. Pay special attention to the words in bold. **6.1**

Can you name some things that harm our environment? If you said cars, you're **right**. If you said smoke from **large** factories, well, that's a **big** part of the problem, too. But maybe you didn't think of something in your **daily** life: your dinner. Agriculture, which produces your food, is more **harmful** to the environment than cars, trucks, trains, and airplanes combined. **Today's** farming uses our **water** supplies inefficiently¹. Chemicals used on farms run into rivers and lakes and pollute² them. When **rain forests** and **grassland** are cleared for **farm** animals and crops, the result is often the extinction³ of **wildlife**⁴. **Farming** methods release **harmful** gases into the air. These gases are an **enormous** contributor to **global** warming.

By 2050, the **world** population will be 9 billion, 2 billion more than it is today. Because of **population** growth, the problem of feeding so many people is **huge**. There will be a **growing** need for food all over the world. As countries such as China and India continue to become more **prosperous**⁵, there is an **increasing** demand for meat, eggs, and dairy.

How can we increase the amount of food and maintain a **healthy** planet? Here are some solutions.

1. It is **important** to stop cutting down forests for agriculture. This is very **destructive** to the environment.
2. We don't need to eat so much meat. Producing meat wastes **valuable** resources and contributes to **global** warming.
3. We must stop wasting food. In **rich** countries, about 50 percent of food goes in the trash. In **poor** countries, a lot of food is lost between the farmer and the market because storage and transportation are not **efficient**.

It won't be **easy** to make these changes, but if we don't try, the result will be **terrible** for **future** generations. All of us have to be **thoughtful** about the connection between the food on our plates, the farmers that produce it, and the effect on the planet. As we push our **shopping** carts down the aisles of our supermarkets, our **food** choices will decide our future.

¹ inefficiently: in a way that is not productive or economical

² to pollute: to contaminate, make impure or dirty

³ extinction: the state of no longer living or existing

⁴ wildlife: animals living in their natural setting

⁵ prosperous: wealthy

COMPREHENSION Based on the reading, write T for *true* or F for *false*.

1. _____ Agriculture can cause a lot of harm to the planet.
2. _____ Rain forests cause a lot of harm to the planet.
3. _____ If we eat less meat, this will be better for the planet.

THINK ABOUT IT Discuss the questions with a partner or in a small group.

1. In your opinion, which is more important: feeding the population or maintaining a healthy planet? Explain.
2. Read the last line of the article again. Think about how you eat and shop for food. What choices can you make to help the environment?

6.1 Modifying a Noun

| EXAMPLES | EXPLANATION |
|---|---|
| Food is part of our daily life. We shouldn't waste valuable resources. | An adjective can modify or describe a noun. (<i>Daily</i> and <i>valuable</i> are adjectives.) |
| Population growth is a problem. Our food choices affect the environment. | A noun can modify or describe another noun. (<i>Population</i> and <i>food</i> are nouns.) |

EXERCISE 1 Listen to the paragraphs. Then write T for *true* or F for *false*. **6.2**

1. _____ One in ten American children is overweight.
2. _____ Today's lifestyle includes a lot of physical activity.
3. _____ More kids biked to school in the late 1960s than they do now.

EXERCISE 2 Listen again and fill in the blanks with the words you hear. **6.2**

We know that it's important¹ to eat well and get _____² exercise. Health clubs are _____³ of people trying to get in shape. Sales of _____⁴ calorie foods show that Americans want to be _____⁵. However, two-thirds of _____⁶ adults are _____⁷. One in three American children is overweight. Weight is becoming a _____⁸ problem as _____⁹ costs go up because of diseases related to obesity: _____¹⁰ disease, stroke, diabetes, and _____¹¹ blood pressure. What is the reason for this _____¹² problem? First, today's lifestyle does not include enough _____¹³ activity. When the United States was an _____¹⁴ society, farmers ate a _____¹⁵ meal, but they also worked hard in the fields.

continued

_____ technology removes _____ activity from our
 16. _____ lives. Most trips are _____, within _____
 18. _____, 19. _____, 20. _____
 distance of home, but most Americans drive. Only 13 percent of schoolchildren walk or bike to a
 school. Compare this to 48 percent in 1969. The _____ American child spends about
 21. _____
 35 hours a week watching TV. Kids are not _____ enough.
 22. _____
 _____ kids may be the first generation to have a shorter _____
 23. _____ 24. _____
 expectancy than their parents.

6.2 Adjectives

| EXAMPLES | EXPLANATION |
|--|---|
| Rich countries waste food. Large factories cause pollution. | An adjective can come before a noun. |
| We all want to have healthy, active kids. We all want to have active, healthy kids. | Two adjectives can come before a noun. We separate the adjectives with a comma when we can change the order of the adjectives without changing the meaning. |
| We don't do hard physical labor anymore. NOT: We don't do physical hard labor anymore. | We don't use a comma if we can't reverse the order of the adjectives. |
| The problem is huge . Feeding 9 billion people seems almost impossible . | An adjective can come after <i>be</i> , <i>seem</i> , and the sense-perception verbs: <i>look</i> , <i>sound</i> , <i>smell</i> , <i>taste</i> , and <i>feel</i> . |
| It is important to protect the planet. It won't be easy to solve the problem. | An adjective can come after impersonal expressions beginning with <i>it</i> . |
| Are you concerned about the future? Scientists are interested in finding a solution. | Some <i>-ed</i> words are adjectives: <i>tired</i> , <i>worried</i> , <i>located</i> , <i>crowded</i> , <i>married</i> , <i>divorced</i> , <i>excited</i> , <i>disappointed</i> , <i>finished</i> , and <i>frightened</i> . |
| We read an interesting article about farming. I learned surprising information about our food. | Some <i>-ing</i> words are adjectives: <i>amazing</i> , <i>exciting</i> , <i>boring</i> , <i>increasing</i> , <i>disappointing</i> , <i>frightening</i> , and <i>growing</i> . |
| It is extremely important to find a solution. This is a very difficult problem. | <i>Very</i> , <i>so</i> , <i>quite</i> , and <i>extremely</i> can come before adjectives. |
| Is farming a problem? Yes, it is a huge one . Do you have any ideas about how to protect the planet? There are some good ones in the article. | After an adjective, we can substitute a singular noun with <i>one</i> and a plural noun with <i>ones</i> . |
| Note: We don't make an adjective plural. <i>a big farm big farms</i> | |

GRAMMAR IN USE

In conversation, we often use informal modifiers before adjectives to express degree. Some of these words and phrases are: *pretty*, *sort of*, *kind of*, *really*, and *real*. It's better not to use these in academic writing.

*I was **kind of** surprised by the article.*
*The food situation sounds **really** bad.*

EXERCISE 3 Fill in blanks with one of the words from the box.

| | | | | | | |
|-----------|-------|---------|--------|---------|-------|----------|
| growing | tired | healthy | greasy | worried | sweet | high ✓ |
| important | ones | sick | one | rich | busy | valuable |

- Burgers and fries are high in calories.
- It is _____ to have a good diet.
- Fries are cooked in oil. They are very _____.
- If you don't eat a healthy diet, you can get _____.
- Some people eat a big breakfast. Others eat a small _____.
- Are you _____ about the future of the planet?
- Children need to get enough sleep. It's not good to be _____ in school.
- Cookies are very _____.
- Most Americans have _____ lives and don't make the time to eat well.
- Obesity is a _____ problem. It is a bigger problem today than it was years ago.
- We need to have a _____ body.
- In _____ countries, many people waste food. In poor _____, there is not enough food.
- We shouldn't waste _____ resources.



EXERCISE 4 Circle the correct words to complete this conversation between a husband and wife.

- A: We're gaining weight. When we were younger, we used to be (thin/thins), but now that we're (marry/married), we're getting fat.
- B: Let's go jogging after work. There's a (beautiful park/park beautiful) where we can go. It's (locate/located) just a few blocks from our apartment.
- A: But after work I'm always too (tire/tired). I just want to eat dinner and watch TV.
- B: It's not good to eat a big meal so late at night. In many countries, people eat a big meal during the day and (a small one/a small) at night. If we do that, we have the rest of the day to burn off the calories.
- A: I'm sure that's (an idea very good/a very good idea), but I don't have time to eat a big meal in the middle of the day.
- B: We're always eating out in (expensive/expensives) restaurants. We should cook more at home. And we should go for a walk after dinner.
- A: Good idea. Let's cook steaks tonight.
- B: We need to eat less meat. Meat production is (harm/harmful) to the planet. It contributes to (globe/global) warming. I read (an article very interesting/a very interesting article) about it today.
- A: You're right. Let's eat fish tonight.



Preparing food yourself gives you more control over your health.

6.3 Noun Modifiers

| EXAMPLES | EXPLANATION |
|--|--|
| The world population is increasing. Population growth is a problem. | A noun can modify (describe) another noun. When two nouns come together, the first one modifies the second. |
| We use a shopping cart in a supermarket. Farming methods produce gas. | Sometimes a gerund (-ing word) describes a noun. |
| Potato chips have a lot of grease. My five-year-old son prefers candy to fruit. | The first noun is always singular. When we use a number before the noun, we usually attach it to the noun with a hyphen. |
| Very few schoolchildren walk to school. Do you have a healthy lifestyle ? | Sometimes we write the two nouns as one word. The noun modifier and the noun become a compound word. |
| Today's lifestyle doesn't include much physical activity. Everyone needs a good night's sleep. | Sometimes a possessive noun describes a noun, especially with time words. |

Pronunciation Note:

When a noun describes another noun, the first noun usually receives the greater emphasis in speaking.
*I wear my **running** shoes when I go to the **health** club and use the **exercise** machines.*

EXERCISE 5 Fill in the blanks with one of the words from the box.

| | | | | |
|------|---------|--------------|--------|----------|
| rain | world | population ✓ | health | shopping |
| farm | walking | heart | food | cow |

1. Population growth is a big problem.
2. The _____ population will be 9 billion in 2050.
3. When we shop at the supermarket, we need to make healthy _____ choices.
4. When we shop, we usually use a _____ cart.
5. Some people go to _____ clubs to exercise.
6. One result of a poor diet is _____ disease.
7. Many children live within _____ distance from their schools, but they go by bus or car.
8. Cows and pigs are _____ animals.
9. Cutting down _____ forests is harmful to the environment.
10. Some people are allergic to _____ milk.

EXERCISE 6 Fill in the blanks to complete this conversation between a mother and her son. Put the words given in the correct order. Remember to use the singular form for the first noun. Some answers are compound words.

- A: We need a lot of things today. Let's take a shopping cart.
1. cart/shopping
- B: Can I sit in the _____?
2. child/seat
- A: You're much too big. You're a six- _____ boy.
3. years/old
- B: Mom, please buy me that cereal. It looks good. I saw it on a _____.
4. commercial/TV
- A: Let's read the ingredients on the _____ first. I want to see the _____ before we buy it. Let me put on my _____.
5. cereal/box
6. content/sugar
7. glasses/eyes
- Oh, dear. This cereal has 20 grams of sugar.
- B: But I like sugar, Mom.
- A: You know sugar is bad for your teeth. Remember what the dentist told you?
- B: But I brush my teeth once a day.
- A: I want you to use your _____ after every meal, not just once a day.
8. teeth/brush
- B: Mom, can we buy those _____?
9. chips/potatoes
- A: They have too much fat.
- B: How about some soda?
- A: You should drink more juice. How about some _____?
10. juice/oranges
- B: I don't like juice.
- A: Let's get in the _____ and pay now. Maybe we should shop at the _____ store next time.
11. line/check-out
12. food/health

ABOUT YOU Make a list of things you usually have in your refrigerator. Compare your list to a partner's.
orange juice, low-fat milk

FUN WITH GRAMMAR

Describe your world. Write these words on a sheet of paper, numbered 1–10: *bag, building, daily, food, hard, health, room, school, shopping, world*. Then write sentences using the words as modifiers, e.g., *health* → *My brother has health problems*. You will have 10 minutes for this task. It is not a race to see who is fastest. The goal is to get the most correct answers.

The Happiest City in the U.S.

Read the following article. Pay special attention to the words in bold. **6.3**

A recent study identified Boulder, Colorado, as the happiest city in the United States. Why are people in Boulder **mostly** happy with their lives? Here are three reasons.

❶ They are healthy.

When people eat **well** and exercise **regularly**, their health improves and their happiness increases, studies show.

In Boulder, there are many ways to eat **healthily**. The city has weekly farmers' markets which sell fresh fruit and vegetables. There are lots of healthy restaurants and food stores to choose from, too.

People in Boulder are also **physically** active. There are walking and bike paths throughout the city, so people can get around **easily** on foot or by bike. The city is also surrounded by a lot of natural beauty, including the Rocky Mountains, which are great for hiking, biking, and skiing. And the weather is **rarely** bad in Boulder, so people can spend a lot of time outside. Access to fresh air and sunshine can **greatly** improve people's health and happiness.

❷ They live in a small, friendly community.

The city of Boulder has about 107,000 people. Many residents know each other, and they socialize **regularly**. People in

shops and cafes often greet you **in a friendly way**, too. Also, there is **hardly** any crime in Boulder, so people can walk the streets **safely** day and night.

❸ They can live **comfortably**.

In Boulder, many jobs pay **well**. People work **hard**, but **occasionally** they can take vacations and relax. This is good for their health and happiness.

Things are changing **fast**, though. Until **recently**, people could live **very cheaply** in Boulder. But today, more big companies are moving into the area, and the cost of living (housing, food, and education) has increased **dramatically**¹. As a result, almost half of Boulder's residents feel stressed more **frequently** now.

¹ dramatically: a lot, greatly



Boulder, Colorado

Many of Boulder's residents are happy because they are able to spend a lot of time outdoors.



COMPREHENSION Based on the reading, write T for *true* or F for *false*.

- _____ The weather in Boulder is good, so people can be outside often.
- _____ Because Boulder isn't very big, many people know each other, and crime is low.
- _____ You can live very cheaply in Boulder.

THINK ABOUT IT Discuss the questions with a partner or in a small group.

1. People are happy in Boulder for three reasons. What are they? Explain each reason. Are these things true about your city?
2. What do you think of Boulder? Complete the sentence with your opinion. Then explain it.
I would/wouldn't like to live in Boulder because...

6.4 Adverbs

| EXAMPLES | | | EXPLANATION |
|--|--------------------|-----------------------------------|---|
| subject | verb phrase | adverb of manner | An adverb of manner tells <i>how</i> or <i>in what way</i> the subject does something. We form most adverbs of manner by putting <i>-ly</i> at the end of an adjective. An adverb of manner usually follows the verb phrase. |
| You | can walk at night | safely. | |
| People | can live | comfortably. | |
| Costs | have increased | dramatically. | |
| Fresh air and sunshine greatly improve your health. Boulder residents socialize regularly . Many people feel stressed frequently now. | | | Other common <i>-ly</i> adverbs are: <i>eventually, annually, (in)frequently, certainly, greatly, suddenly, recently, directly, completely, generally, repeatedly, naturally, finally, probably, (un)fortunately, extremely, constantly.</i> |
| In Boulder, many jobs pay well . | | | The adverb for <i>good</i> is <i>well</i> . |
| People in Boulder are physically active . The weather is rarely bad in Boulder. | | | An adverb can come before an adjective. |
| adjective | | adverb | Some adjectives and adverbs have the same form: <i>hard, fast, early, and late</i> . (The <i>-ly</i> in <i>early</i> is not an adverb ending.) |
| Residents are hard workers. | | They work hard . | |
| He has a fast car. | | His car goes fast . | |
| We had a late lunch. | | We at lunch late . | |
| We went for an early hike. | | We went for a hike early . | |
| She <u>worked</u> hard so she could live in Boulder. I hardly <u>know</u> my neighbors. There <u>is</u> hardly any crime in Boulder. | | | <i>Hard</i> and <i>hardly</i> are both adverbs, but they have completely different meanings. <i>She worked hard</i> means she put a lot of effort into the work. <i>Hard</i> comes after the verb phrase. <i>Hardly</i> means "very little" or "almost no." <i>Hardly</i> comes before many verbs, but it comes after a <i>be</i> verb. |
| He came home late from school. Lately , people are feeling more stress in Boulder. People are feeling more stress in Boulder lately . | | | <i>Late</i> and <i>lately</i> are both adverbs, but they have completely different meanings. <i>Late</i> means "not on time." It comes after the verb phrase. <i>Lately</i> means "recently." It comes at the beginning or end of the sentence. |

| | |
|--|---|
| She is a friendly person. She behaves in a friendly manner . He is a lively person. He dances in a lively way . | Some adjectives end in <i>-ly</i> : <i>lovely, lonely, friendly, lively,</i> and <i>ugly</i> . They have no adverb form. With these adjectives, we use an adverbial phrase (<i>in a _____ly way/manner</i>) to describe the action. |
| We gain weight very easily. She cooks extremely well. He eats so fast. She exercises really hard. You eat quite slowly. | <i>Very, extremely, so, really, and quite</i> can come before an adverb. |
| Note: Though not grammatically correct, in conversation people often shorten <i>really</i> to <i>real</i> . <i>She exercises real hard.</i> | |

EXERCISE 7 Complete the sentences with an adverb from the box. Use each word only once.

| | | | |
|---------|-----------|----------|--------|
| hard | hardly ✓ | honestly | neatly |
| quickly | regularly | very | well |

A Tidy* and Happy Home

Our homes are filled with things we _____ ^{1.} *hardly* ever use: old clothes, books, papers, electronics. We try _____ ^{2.} to throw away these items, but it's difficult. As a result, our homes become messy _____ ^{3.} _____ ^{4.}.

What can we do? Marie Kondo, the author of the book *The Life-Changing Magic of Tidying Up*, has a suggestion. Begin with your clothes. Look at each item in your closet and drawers. First, ask yourself: Do I use this item _____ ^{5.}? (For example, do I wear this sweater often?) Also ask: Does this item make me happy? Then answer _____ ^{6.}. If you say *yes*, keep the item. If you say *no*, donate it or throw it away. For the clothes you keep, fold or hang them _____ ^{7.}. When you are done, you will only have clothes that look good and fit _____ ^{8.} — and you will be happier.

*tidy: clean and organized

ABOUT YOU Write the adverb form of the word given. Then check (✓) the activities that you do in this way. Make statements telling how you do these activities, and explain them to a partner.

Ten Ways to Be Happy

1. ✓ exercise regularly
regular
I exercise regularly. I go to the gym three times a week. OR
I don't exercise regularly. I sit a lot. I hardly ever go to the gym.
2. _____ eat _____
good
3. _____ socialize with others _____
frequent
4. _____ spend time in nature _____
occasional
5. _____ sleep seven or eight hours a night; don't stay up _____ often
late
6. _____ think _____ about most things
positive
7. _____ treat others _____
nice
8. _____ work _____ but take breaks, too
hard
9. _____ smile _____ at least once a day
happy
10. _____ disconnect _____ from digital devices for an hour a day
complete

6.5 Adjectives vs. Adverbs

An adjective describes a noun. An adverb describes a verb (phrase), an adjective, or another adverb.

| EXAMPLES | EXPLANATION |
|---|---|
| Boulder is easy to get around on foot. You can get around easily on foot. | <i>Easy</i> is an adjective. It describes a noun—in this case, <i>Boulder</i> . <i>Easily</i> is an adverb of manner. It tells how you can go from place to place. |
| People in Boulder seem happy . I felt great after the hike. | We use an adjective, not an adverb, after the following verbs if we are describing the subject: <i>smell, sound, taste, look, seem, appear, and feel</i> . |
| People always smile happily . The hike greatly improved my mood. | We use an adverb of manner if we are describing <i>how</i> the action (the verb phrase) is done. |
| If you don't eat well, you can get sick . They got hungry during the hike. | We use an adjective, not an adverb, in expressions with <i>get</i> . Some expressions with <i>get</i> are <i>get hungry, get tired, get sick, and get rich</i> . |
| He's sick. He doesn't feel well today. | For health, we use <i>well</i> . |
| Boulder residents are really healthy. They exercise and eat very well. | We use an adverb before an adjective or another adverb. |
| As usual , they went to the farmers' market on Saturday. | We use the adjective, not the adverb, in the expression <i>as usual</i> . |

GRAMMAR IN USE

In conversational English, people sometimes use *good* for health.

A: How do you feel?

B: Good.

EXERCISE 8 Fill in the blanks with the correct adjective or adverb form of the word given.

Here are three tips for living a happy and _____ life.
1. happy 2. healthy

Tip 1: Exercise _____ . Being _____ active can _____ improve how you look and feel. _____ exercise also helps you sleep better.
3. regular 4. physical 5. great 6. Regular

Tip 2: When you get _____ between meals, skip the junk food (like potato chips and cookies). Instead, eat fruit or some nuts. Junk food tastes _____, and it's OK to eat _____ . But in large amounts, it is _____ for your health.
7. hungry 8. good 9. occasional 10. bad

Tip 3: Learn to cook. At one university, nutritionists _____ interviewed students about their diets. Many students said they _____ ate any vegetables each week because they work _____ all day, and they are too _____ to shop or cook. These students _____ ate fast foods (such as instant noodles or pizza). Because they didn't eat _____, they got _____ often. But then the students started cooking their own meals, and their health improved _____ .
11. recent 12. hard 13. hard 14. tired 15. frequent 16. good 17. sick 18. dramatic

ABOUT YOU Answer the questions. Discuss your answers with a partner.

1. How often do you exercise (hardly ever, occasionally, regularly)?

2. When you get hungry and want a snack, what do you eat? Is it healthy? How do you feel after eating it?

3. In your country, do people generally eat well or poorly? How about in the United States?



Mike Wallace takes part in a sleep study at Johns Hopkins University in Baltimore, Maryland, U.S.

Read the following article. Pay special attention to the words in bold. **6.4**

Most people need seven to nine hours of sleep. But most Americans sleep less than seven hours a night. When people aren't **rested enough**, there may be a bad result. For example, if people drive when they're **too tired**, they can cause serious accidents on the road. According to the National Transportation Administration, sleepy drivers cause 100,000 accidents each year. Airplane safety also depends on well-rested pilots. An airplane crash in 2009 killed all the passengers. The National Transportation Safety Board concluded that the pilots were **too sleepy** to make good decisions.

Sleep is **very** important to our health. In experiments with rats, where the rats were not allowed to sleep, all of them were dead in about two weeks. More studies on sleep are needed, but scientists complain that they don't receive **enough money** for sleep research.

If sleep is so important, why don't we try to go to bed earlier and get at least eight hours of sleep? About 20 percent of Americans say that they don't get **enough sleep**. Are we **too busy**? Not always.

Besides job and family responsibilities, Americans have a lot of other things that keep them out of bed. Twenty-four-hour-a-day Internet and TV and all-night supermarkets can take away from our sleep time.

What can we do to improve our sleep? Sleep experts have some recommendations:

- Don't nap during the day.
- Sleep in a dark room. **Too much light** in a room can harm sleep.
- Try not to have **too much stress** in your life.
- Don't get **too stimulated** before going to bed. Avoid activities such as watching TV or eating before bed.
- Go to bed at the same time every night.
- Avoid caffeine after lunchtime. If you drink **too much coffee** during the day, don't expect to get a good night's sleep.
- Exercise. Physical activity is **very good** for sleep. But if you exercise **too late** in the day, it will interfere with your sleep.

A good night's sleep is **very important**, so turn off the TV, shut down the computer, put away your devices, and sleep well.

COMPREHENSION Based on the reading, write T for true or F for false.

1. _____ Most people get seven to nine hours of sleep.
2. _____ Scientists did sleep experiments with rats.
3. _____ A lot of money goes into research for sleep experiments.

THINK ABOUT IT Discuss the questions with a partner or in a small group.

1. What do you think scientists measure in a sleep study?
2. Do you do any of the things that sleep experts recommend that you don't do? How could improve your sleep habits?

6.6 Too, Too Much, Too Many, and Enough

| EXAMPLES | EXPLANATION |
|--|--|
| The pilot was too sleepy to fly the airplane. | We put <i>too</i> before adjectives and adverbs. <i>Too</i> indicates a problem. |
| You work too hard and don't relax. | |
| You spend too much time on the computer. | We put <i>too much</i> before a noncount noun. |
| You spend too many hours watching TV. | We put <i>too many</i> before a count noun. |
| He doesn't sleep well because he worries too much . | We put <i>too much</i> at the end of the verb phrase. |
| Five hours of sleep is not good enough . | We put <i>enough</i> after adjectives and adverbs. |
| You worked hard enough . Get some rest now. | |
| Some people don't get enough exercise . | We put <i>enough</i> before noncount and count nouns. |
| Do you get enough hours of sleep? | |

Note:

An infinitive can follow a phrase with *too* and *enough*.

I'm too tired to drive.

I don't have enough time to exercise.

GRAMMAR IN USE

Too + adjective indicates that there is too much of something and usually has a negative connotation (e.g., *That watch is too expensive.*). Sometimes we use *too* with certain positive adjectives to emphasize the feeling (e.g., *You're too kind. She's too generous.*). Such statements don't suggest a problem. They just bring attention to a large amount of something.

EXERCISE 9 Fill in the blanks with *too*, *too much*, *too many*, or *enough*.

- Are Americans too busy to get a good night's sleep?
- Some people don't get _____ exercise because of their busy lives.
- It's hard to sleep if you exercise _____ late in the evening.
- If you're _____ tired when you drive, you can cause an accident.
- Some people spend _____ time on the Internet. They should put away their electronic devices and go to bed.
- If you drink _____ coffee, it can affect your sleep.
- People drive everywhere. They don't walk _____.
- Try not to eat _____ before you go to bed.
- Children shouldn't drink so much soda because it contains _____ sugar.
- We need to think about the future. We need to make sure there is _____ food for the nine billion people on the planet in 2050.
- Don't eat _____ meat. Try eating fish or chicken a few times a week.

ABOUT YOU Find a partner and discuss your answers to these questions.

- How many hours do you sleep a night?
- How many hours is enough for you?

6.7 Too and Very

| EXAMPLES | EXPLANATION |
|--|---|
| We ate dinner very late last night. We arrived at the theater too late . We missed the beginning of the movie. My grandmother is 85. She's very old, but she's in great health. The child is six years old. He's too old to sit in a shopping cart. | Don't confuse <i>very</i> and <i>too</i> . <i>Too</i> indicates a problem. The problem can be stated or implied. <i>Very</i> is a neutral word. It does not indicate a problem. |
| Note: We can use <i>a little</i> before <i>too</i> . <i>You woke up a little too late. You missed a great breakfast.</i> | |

EXERCISE 10 Fill in the blanks with *too* or *very* in this conversation between a husband and his wife.

- A: I enjoyed the dinner very much.
1.
- B: I'm glad you liked it. I worked _____ hard to prepare your favorite dishes.
2.
- A: Thanks! Everything was great. But the soup was a little _____ salty.
3.
- B: Oh. I thought you liked everything.
- A: I did. Other than the salt, it was _____ good. And I especially liked the potatoes.
4.
- B: I'm glad.
- A: They were a little _____ greasy, but I ate them anyway.
5.
- B: I'm afraid the meat was overcooked. I left it in the oven _____ long.
6.
- A: Well, no one's perfect. I gave some to the dog.
- B: What about the cake I made? Did you like that?
- A: Yes. It was _____ good. The only problem was it was _____ small. I was hoping to have another piece, but there was nothing left.
7. 8.
- B: I thought you wanted to lose weight. You always say you're _____ fat and need to lose weight.
9.
- A: Fat? I'm not fat. I'm just right. But my clothes are _____ small. When I washed them, the water I used was _____ hot, and they shrank.
10. 11.
- B: They didn't shrink. You gained weight.

ABOUT YOU Write about some habits you wish to change to improve your health. Discuss your sentences with a partner.

- I don't get enough exercise.
- I spend too much time online.
- _____
- _____
- _____

SUMMARY OF UNIT 6

Adjectives and Adverbs

| ADJECTIVES | ADVERBS |
|---|---|
| We had a quick lunch. | We ate quickly . |
| We had a late dinner. | We ate late . |
| She is a good cook. | She cooks well . |
| She looks serious . | She is looking at the label seriously . |
| As usual , he drank a cup of coffee. | He usually drinks coffee in the morning. |

Adjective Modifiers and Noun Modifiers

| ADJECTIVE MODIFIER | NOUN MODIFIER |
|-------------------------|----------------------------|
| a new machine | an exercise machine |
| old shoes | running shoes |
| a short vacation | a two-week vacation |
| big problems | today's problems |

Very/Too/Enough/Too Much/Too Many

| EXAMPLES | EXPLANATION |
|---|---------------------------------|
| He's very healthy. | <i>very</i> + adjective |
| I slept very well. | <i>very</i> + adverb |
| I'm too sleepy. | <i>too</i> + adjective |
| It's too late to drive. | <i>too</i> + adverb |
| I'm rested enough to do my work. | verb + <i>enough</i> |
| Did you get enough sleep last night? | <i>enough</i> + noun |
| She doesn't eat ice cream because it has too much fat. | <i>too much</i> + noncount noun |
| She doesn't eat ice cream because it has too many calories. | <i>too many</i> + count noun |
| He loves coffee, but when he drinks too much , he can't sleep. | verb + <i>too much</i> |

REVIEW

Choose the correct words to complete these sentences.

- It's (*too/very*) important to get a good (*night/night's*) sleep.
- Parents want their kids to eat (*good/well*).
- We use a lot of resources to raise (*farm/farms*) animals.
- Some farmers use chemicals to make cows grow (*fast/fastly*).
- Farmers work very (*hard/hardly*).
- If we use too (*much/many*) chemicals, we can harm the environment.
- The (*world population/population world*) is increasing.
- You seem (*sleepy/sleepily*). You shouldn't drive.
- Did you get (*sleep enough/enough sleep*) last night?
- I slept (*good/well*) last night.
- I feel (*great/greatly*) today.
- I took a two- (*hour/hours*) nap this afternoon.
- Do you exercise (*regular/regularly*)?
- Are you (*alert enough/enough alert*) to drive?
- We ate dinner (*late/lately*) last night.
- My grandfather's health is (*too/very*) good.
- He's 75, but he looks like a 50- (*year/years*)-old man.
- I'm always (*very/too*) tired to exercise after work.
- Yesterday was an (*extreme/extremely*) hard day for me.
- We like to go for a walk in the park near my house. It's (*very/too*) beautiful there.
- Are you (*too/too much*) busy to exercise?

FROM GRAMMAR TO WRITING

PART 1 Editing Advice

1. Adjectives are always singular.

People in ~~poors~~ countries don't eat a lot of meat.

2. Certain adjectives end with *-ed*.

We're interest^{ed} in taking care of the planet.

3. Put an adjective before the noun or after a linking verb, like *be*.

She is a ~~woman very healthy~~. OR ^{very healthy woman} The woman is very healthy.

4. Use *one(s)* after an adjective to take the place of a noun.

Do you prefer to sleep on a hard bed or a soft^{one}?

5. Put a specific noun before a general noun.

We have to be careful about our ^{water supply} ~~supply water~~.

6. A noun modifier is always singular.

Don't eat so many potatoes chips.

7. An adverb of manner describes the action of a verb. An adjective describes a noun.

I choose my food careful^{ly}.

You seem seriously about exercise.

8. Don't put an *-ly* adverb of manner between the verb and the object.

He read ~~carefully~~ the ingredients^{carefully}.

9. Adverbs of manner that don't end in *-ly* follow the verb phrase.

He ~~late~~ came home^{late}.

10. *Too* indicates a problem. If there is no problem, use *very*.

Your father is ~~too~~ healthy^{very}.

11. Don't use *too much* and *too many* before an adjective or adverb. Use *too*.

She's ~~too much~~ tired to drive.

12. Put *enough* after the adjective.

I'm ~~enough~~ rested^{rested enough} to drive.

13. Don't confuse *hard* and *hardly*.

I'm tired. I worked ~~hardly~~ all day.

He's lazy. He ~~hard~~ worked at all^{ly}.

PART 2 Editing Practice

Some of the shaded words and phrases have mistakes. Find the mistakes and correct them. If the shaded words are correct, write C.

I exercise ^Cregularly¹, and I eat very ^{well}good² most of the time. Luckily, I'm ³too healthy. I try to eat a lot of fresh fruits and vegetables every day. I also eat a lot of ⁴wholes grains. I rarely eat ⁵red meat. I eat fish or chicken. But I rarely eat ⁶chicken fried because it's ⁷too much greasy. Most mornings, I have a glass of ⁸juice orange and cereal. For lunch, I have a ⁹small meal, usually a ¹⁰tuna sandwich. For dinner, I like to eat a nice meal ¹¹slowly. Most of the time, I cook dinner. But on Fridays, I have a ¹²three-hours biology course, and I ¹³late get home, so I'm ¹⁴too much ¹⁵tire to cook. Then I'm not very ¹⁶carefully about what I eat. My roommate offers me food, but he eats very ¹⁷poorly. He often eats hamburgers and ¹⁸greasy fries from a fast-food place, or he brings home a ¹⁹sausage pizza. He eats ²⁰quickly his food, and he drinks a lot of ²¹sweets drinks. He thinks it's ²²enough good, but I don't agree. When I eat with him, I don't eat very ²³careful, and then I don't feel ²⁴well the next day. I think it's important to have a ²⁵diet very healthy. I'm going to try ²⁶hardly to have a better meal on Friday nights.

WRITING TIP

When comparing or contrasting, it is useful to use transition words to help connect ideas.

To show similarity, you can use transitions such as: *similarly, also, in comparison, as well, likewise, and like*.

There is a lot of diverse food in the United States. Likewise, in Canada people enjoy many different cuisines.

To show difference, you can use transitions such as: *but, however, on the other hand, on the contrary, nevertheless, and unlike*.

In the U.S., I eat bread every day. In Taiwan, however, I ate rice instead.

PART 3 Write

Read the prompts. Choose one and write a paragraph about it.

1. Compare food in your native culture to food in the United States.
2. Describe your eating habits today with your eating habits in your native country.

PART 4 Edit

Reread the Summary of Unit 6 and the editing advice. Edit your writing from Part 3.