

5 SPEAKING

- a Read the questionnaire and complete the questions with *How much* or *How many*.
- b In pairs, interview your partner. Do you think he / she needs to eat less sugar and salt?

How much sugar and salt do YOU have a day?

Sugar

- 1 spoons of sugar do you have in your tea or coffee?
a three or more b two c one d none
- 2 bottles or cans of Coke (or other fizzy drinks) do you drink a day?
a three or more b two c one d none
- 3 fruit or fruit juice do you have a day?
a a lot b quite a lot c not much d none
- 4 sweets or biscuits do you eat a week?
a a lot b not many c very few d none

Salt

- 5 How often do you add salt to your food at the table?
a always b often c sometimes d never
- 6 takeaway food do you eat?
a a lot b quite a lot c not much d none
- 7 bread do you eat a day?
a a lot b quite a lot c a little d none
- 8 packets of crisps do you eat a week?
a a lot b quite a lot c a few d none

9B. 5. Speaking

Written Mediation

Interview a relative or a friend using the questionnaire (translate it if it's necessary) and take notes.

Use your notes to send an email to a friend of yours explaining to him/her how much sugar/salt the person you interviewed has and in which situations. E.g.

Hi Anthony!

I am going to tell you about how much sugar and salt my husband has. I asked him how many spoons of sugar he has in his tea and he said none...