

The world of 'slow'

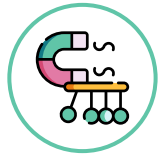
Unit 5: Lesson B
Student's Book page 50



LESSON OBJECTIVE

By the end of this class...

You will be able to talk about different 'slow movements' using countable and uncountable nouns and quantifiers.



Lesson Stages

1



Vocabulary

Countable and
Uncountable nouns

2



Listening

Podcast about the
'slow' movement

3



Grammar

Quantifiers

4



Speaking

Discuss about 'slow
food'



1

VOCABULARY

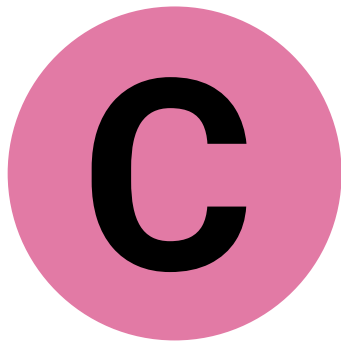
Countable and Uncountable nouns

WARM-UP QUESTIONS



- Do you eat a lot of fast food, or do you prefer to spend time cooking?
- Do you like buying new clothes, or do you wear the same favourite things for years?
- Do you get your news from short social media messages, or do you like to read longer articles with more information?

COUNTABLE VS UNCOUNTABLE WORDS



Countable nouns

1, 2, 3, 4, etc...

JOB	WORK
APARTMENT	ACCOMODATION
JUMPER/SWEATER	FASHION
MEAL	FOOD
DOLLAR	MONEY
SONG	MUSIC
HOUR	TIME
POST	SOCIAL MEDIA



Uncountable nouns

much, any, etc...

GIVE EXAMPLES OF...

COUNTABLE AND UNCOUNTABLE NOUNS IN:

- Your house:
- In the classroom:
- In the city:



Vocabulary Exercise 1

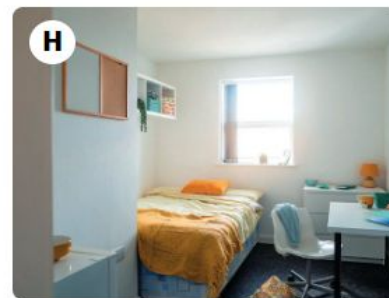
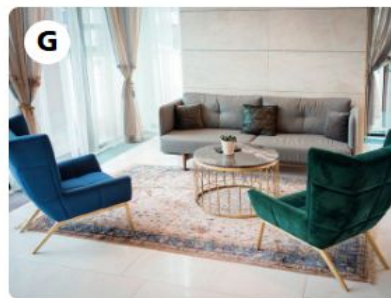
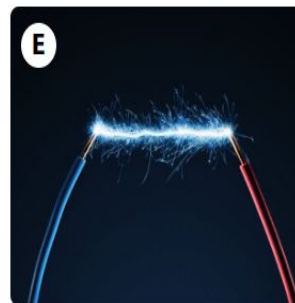
B Choose the correct words to complete the sentences.

- 1 For me, **work** / **job** isn't so important, but I need to have a **work** / **job** of course.
- 2 When I travel, good **accommodation** / **apartment** is important. I usually look for an **accommodation** / **apartment**, not a hotel room.
- 3 I love **jumper** / **fashion**. Every month I buy a new **jumper** / **fashion**.
- 4 I have three healthy **food** / **meals** a day – **food** / **meals** is important in my life.
- 5 I don't need a lot of **dollar** / **money**, just one **dollar** / **money** in my pocket and I'm fine.
- 6 When I'm working, I can't listen to **music** / **song**. A **music** / **song** can get into my head and then I can't work anymore.
- 7 I don't have a lot of free **time** / **hour**, but I exercise for one **time** / **hour** every day.
- 8 I use a lot of **social media** / **post** sites. Yesterday I saw an interesting **social media** / **post** from one of my friends.

VOCABULARY BANK

1A. Which of these uncountable nouns are in the photos?

1. accommodation
2. advice
3. electricity
4. fashion
5. food
6. furniture
7. luggage
8. money
9. music
10. news
11. social media
12. time
13. traffic
14. transport
15. vocabulary
16. work



Match the **UNCOUNTABLE** nouns with the **COUNTABLE** nouns.



Note:

- We often use *a piece of*, *an item of*, or *a bit of* with **an uncountable noun**-
 - We use these phrases for a single example or a small amount of something.
-
- A piece of: advice, clothing, furniture, information, luggage, music, news, paper...
 - A bit of: advice, information, money, news, time, work...
 - An item of: clothing, furniture, information, luggage, news, vocabulary...

WORKBOOK - VOCABULARY ACTIVITY

***hint: If it says "a / an ...", then the word is COUNTABLE

B  Choose the correct word or phrase to complete the sentences.

- 1 I haven't got much **dollars** / **euros** / **money** on me.
- 2 She's always very tired after **hour** / **job** / **work** on a Friday.
- 3 Can I share these photos on **news** / **post** / **social media**?
- 4 We've found a really great **accommodation** / **apartment** / **fashion** to rent.
- 5 This is a really lovely **fashion** / **jumper** / **meals**.
- 6 Have we got enough **dollar** / **hour** / **time** for a coffee?

C Look at the sentence beginnings (1–10). Which sentences do you complete with a and which with b?

- 1 You've got a lot of
- 2 I'm only bringing one
a suitcase for the trip. 2
b luggage for a weekend trip. 1
- 3 Our living room clock needs a
- 4 The house has no
a new battery. 3
b electricity at the moment. 4
- 5 I've got a great
- 6 I need some
a advice on how to cook for ten people. 6
b suggestion for our meal out. 5
- 7 I read a really interesting
- 8 I usually read
a news on social media. 8
b article earlier. 7
- 9 You can take a few pieces of
- 10 We've only got a bit of
a paper from the printer. 9
b food in the house. 10

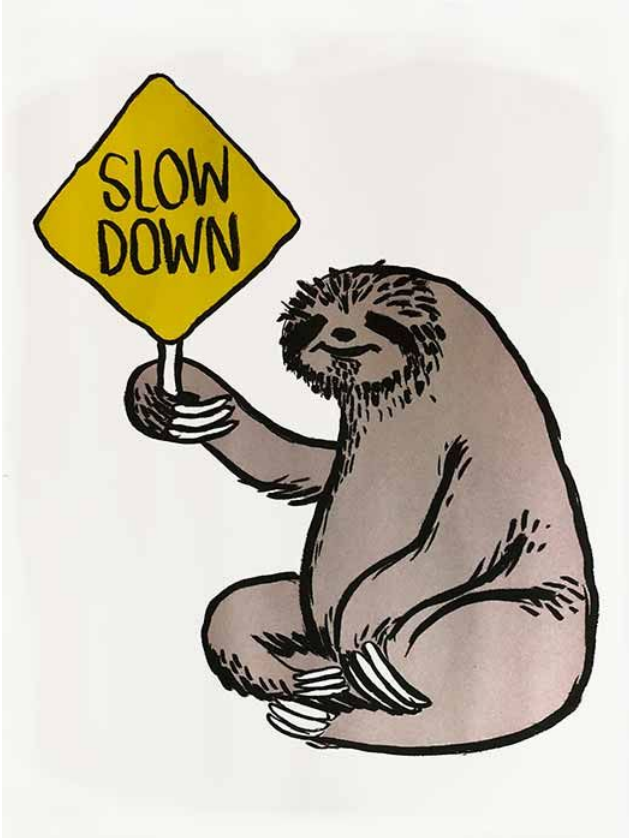


2

LISTENING

The 'slow movement'

WORK IN PAIRS AND DISCUSS



- What do you think these things are?
 - SLOW NEWS
 - SLOW LIVING
 - SLOW FASHION

LISTENING - PODCAST

4A  **5.02** | Listen to a podcast about the 'Slow' movement. Were your ideas in Ex 3B correct?

B  **5.02** | Work in pairs and answer the questions. Then listen again and check.

- 1** How did each person find out about the 'Slow' movement?
- 2** What's one thing that each person changed about their life?

5 Work in pairs and discuss the questions.

- 1** Do you think you are a 'fast' or a 'slow' person in news, living and fashion? Why?
 - 2** Do you know anyone who is the complete opposite of you in news, living or fashion? How are they different?
 - 3** Why can 'slow' be a problem sometimes?
-



3

GRAMMAR

Quantifiers

Quantifiers: Some, Any, No

To offer something

	+	-	?	
<i>some</i>	✓		✓	There's some good advice on the website.
<i>any</i>		✓	✓	Do you have any ideas?
<i>no</i>		✓		There's no electricity.



SOME:

We use “some” when we don’t say the exact amount, but it’s not large.

We use it only in **positive sentences**, and **questions** when we are offering something.

Example:

I have **some** cookies.

Do you want **some** candy?

ANY:

We use “any” to ask if something exists, or to say it doesn’t exist.

We use it only in **negative sentences**, and **questions** in general.

Example:

There aren’t **any** students at school.

Do you have **any** water?

NO:

We use “no” when we want to say there isn’t any of something.

It is used in **affirmative (positive) sentence structure**, but it gives a **negative meaning**.

We don’t use it in questions.

Example:

I have **no** interest in maths.

There is **no** electricity.

Note:

We use **SINGULAR VERBS** with **Uncountable nouns**:

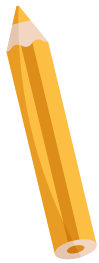
There **isn't** any news. // There **isn't** any water. ✓
There **aren't** any news. // There **aren't** any water. ✗

When we speak **in general**, we **DON'T** use quantifiers or "the" before nouns:

I don't like fashion. ✓ // I don't like **the** fashion. ✗
People are crazy these days. ✓ // **The** people are crazy these days. ✗

When we talk about a **specific group**, we can use "the".

The people in my family are important to me. ✓



Quantifiers for different amount:

Countable Uncountable Positive Negative Questions

	meaning	[C]	[U]	+	-	?	
<i>lots of/ a lot of</i>	a large amount	✓	✓	✓	✓	✓	You've got a lot of T-shirts.
<i>much</i>			✓		✓	✓	How much food shall I make?
<i>many</i>		✓		✓	✓	✓	There aren't many buses.
<i>to much</i>	more than necessary (a problem)		✓	✓	✓	✓	There's too much work.
<i>too many</i>		✓		✓	✓	✓	I get too many emails.
<i>enough</i>	the right amount	✓	✓	✓	✓	✓	Have we got enough food?
<i>a bit of/ a little</i>	a small amount		✓	✓		✓	I've got a bit of news.

Important:

Remember that we don't use *too much* + adjective.

I was **too bored**. NOT ~~I was too much bored.~~

Countable and uncountable meanings

Some nouns can be countable or uncountable. These include: *coffee(s)*, *tea(s)*, *cake(s)*, *paper(s)* and *time(s)*.

There's **some coffee** in the cupboard. We had **three coffees**.

Is there **any paper** for the printer? I read it in **the paper**. (=newspaper)

I don't have **much time**. I've been to Argentina **many times**.

Grammar - Activity SB pg 51

quantifiers

6A Work in pairs. Correct each sentence by crossing out one word.

- 1 Journalists spend a lot of ~~much~~ time checking the facts.
- 2 Too much to do, not enough ~~of~~ time.
- 3 I took a short lunch break, and had another three ~~coffee~~ coffees.
- 4 I make a little ~~of~~ time for me.
- 5 At the end of the month, there was ~~not~~ no money for food!
- 6 And a ~~lots~~ of these clothes came from my country.
- 7 Anyway, this friend told me about ~~the~~ Slow Fashion.
- 8 I've got ~~any~~ some really good clothes.

Grammar - Activity SB pg 113

1. Complete the sentences with *some, any, no, much, many* or *enough*.

some

any

no

much

many

enough

1. Sorry, we haven't got batteries. Come back tomorrow.

2. Stop! That's too salt!

3. How times have you been to India?

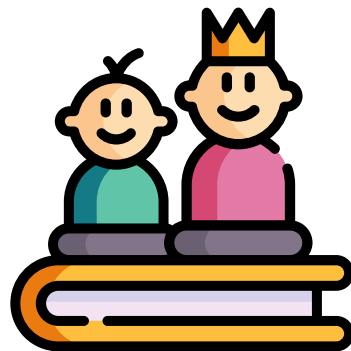
4. Are there chairs for twelve people?

5. Look on the table. There are keys there.

6. How meat do you eat?

7. I don't have cousins. I only have two.

8. We have dollars, but we have some euros.



2. Correct the sentences. Two of them are correct. Right 'correct' in those sentences.

1. There are some good **suggestions** here. Thank you.
2. My coffee machine doesn't use many electricity.

3. Can you pass me some bread, please?

4. I'm sorry. We haven't got some bread.

5. There are no new software this year.

6. How much words do you know?

7. I don't remember a lot vocabulary.

8. I can call you tomorrow, but I haven't got enough time now.

9. I'm afraid there aren't no blue shirts.

10. I'd like to give you a bit of advices.

Grammar - Activity SB pg 113



Grammar - Workbook pg 34

quantifiers

2 A Choose the correct word or phrase to complete the sentences.

- 1 There _____ much food in the fridge.
a aren't **b isn't** c is no
- 2 Would you like _____ coffee?
a some b too much c many
- 3 There's _____ time for us to chat.
a many b any **c no**
- 4 Life is _____ quiet in this town.
a enough **b too** c too much
- 5 Can I have a piece of _____ please?
a teas b cakes **c paper**
- 6 There aren't _____ chairs for everyone.
a too many b too much **c enough**
- 7 I've only got a _____ time before my train comes.
a bit **b little** c lot
- 8 We don't have _____ fruit at home. Can you buy some at the market?
a many b no **c any**

2B. Complete the post with the quantifiers below.

a lot any no some (x2) too much



Carla 35

35 minutes ago

I've just read an interesting article about slow living. (1) _____ of people believe a slow life is better for us because we take time to think about what we're doing and enjoy it more.

However, not everyone wants a slow life. (2) _____ people, like me, enjoy a fast life. It helps us to feel alive. So, which is better, a fast life or a slow life?

Life can become boring when there are (3) _____ exciting activities at all, but (4) _____ excitement can make you tired and stressed. So, we probably need both a fast and a slow life. For example, one weekend, we should do (5) _____ exciting things and the next weekend we shouldn't do (6) _____ exciting activities. By living a fast and slow life, we get the best of both worlds.





3

Speaking

Discuss about 'Slow Travel' and 'Slow Food'

Read about the 'Slow Travel' movement and make notes on these questions.

1. Why did it start?
2. What's important in Slow Travel?

Slow Travel

For some people, when they travel, they try to go to a lot of different places. They stay in each place for a short time. They feel it's important to put lots of pictures on social media – in fact many people choose their destination because it looks good on social media. 'Slow Travel' is the opposite of that. The reason for travelling is completely different – it's about learning, making connections and respecting the environment.

With Slow Travel, it's important:

- to stay in one place for enough time – maybe a week or more.
- not to move to a new place every day or two.
- to think of yourself as living in a place, not just staying there or visiting.
- to meet and make personal connections with local people.
- to learn about local customs.

Read about the 'Slow Food' movement and make notes on these questions.

1. Why did it start?
2. What's important in Slow Food?

Slow Food

'Slow Food' started in Italy in the 1980s. A fast-food restaurant was opening in Rome, next to the historic Spanish steps. A lot of people were unhappy. They felt that fast food was dangerous for the traditional Italian lifestyle. In Italy, good food (cooked slowly), long meals with the family eating together and a slow daily life are all important. They started the Slow Food movement.

With Slow Food, it's important to:

- learn about traditional food.
- buy local food products, not food that comes from far away.
- to think of yourself as living in a place, not just staying there or visiting.
- think about what you eat and where it comes from.
- learn how to grow vegetables and fruit in your own garden.
- take enough time – go slow! – when you do anything connected to food.

BEFORE YOU READ...

- Work in pairs
- One student will read about 'Slow TRAVEL' and the other will read about 'Slow FOOD'.
- Take notes on what's important.

AFTER YOU READ...

- explain to your partner what you read about and explain 'slow food' or 'slow travel'.
- Which is more interesting to you?

Thanks!



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