

Count and Non-Count Nouns

HEALTH

OUTCOMES

- Use regular and irregular count and non-count nouns, and nouns that are only plural
- Make certain non-count nouns countable
- Identify the interviewee's opinion in an interview transcript
- Comment on important details from a conversation
- Discuss health habits, supporting opinions with examples
- Write a five-paragraph essay about personal health habits

STEP 1

GRAMMAR IN CONTEXT

BEFORE YOU READ

Discuss the questions.

1. What are the most important health issues these days?
2. What should people do to stay healthy?

READ

 10|01 Read this transcript of part of a TV program about health.

Concerned About Health? Ask the Expert.

MIRANDA OLSON: Good **afternoon**. Welcome to *Ask the Expert*. I'm Miranda Olson. My **guest** today is Dr. Mel Brand, an **authority** on everyday **health issues**, and we're going to devote today's entire **program** to your **questions** about **health**. So let's get right to it with our first **caller**. . . . Tell us your **name** and where you're from.

SALLY MATTHEWS: Hi, Dr. Brand. I'm Sally Matthews from San Diego, California. We hear a lot of negative **stuff** about fast **food**, but my **husband** and **kids** love **hamburgers** and **fries** and **sodas**. How bad is fast **food**?

DR. MEL BRAND: Sally, it's OK in **moderation**—but I wouldn't make a **habit** of eating it. Most fast **food** is full of **salt**, **sugar**, **cholesterol**, and lots of **calories**. An occasional **trip** to a **fast-food place** won't hurt you, especially if you can offset the **junk food** with healthy **salads** or **sandwiches**. But I wouldn't eat it more than once or twice a **week**.

MIRANDA OLSON: OK. Next **question**?

BOB GONZALES: Dr. Brand, I'm Bob Gonzales from Tampa, Florida. I'm twenty-five years old, and my **question** is about **sun**. My lovely **wife** is a wonderful **woman**, but she's also a **member** of the **sunblock police**. She won't let me go out the **door** without putting **sunblock** on. I've always been able to get a good **tan**, so is this really necessary? It's a **pain**.

DR. BRAND: Bob, I've got to side with your **wife**. The **sun** makes us feel wonderful, and we love its **warmth**, but it has its **dangers**. I've treated **patients** with **skin cancer**. The most telling **example** was an older **man** who hiked for forty **years** and refused to wear a **hat**. He developed **skin cancer** and didn't survive it.



I'm not trying to scare you, but I do advocate **sunblock** if you're going out in the **sun** for more than a few **minutes**. And you should definitely wear a brimmed¹ **hat** that protects your **face** and your **neck**. And that's all of us, not just fair-skinned **people**.

MIRANDA OLSON: OK. Let's go to the next **question** now.

MARTINA SMITH: Dr. Brand. I'm Martina Smith from Toronto, Canada. My **question** is about **weight**. My **husband** has gotten enormous. He's 5 **feet** 11 **inches** tall and weighs about 250 **pounds**. He used to be in good **shape** when he was a **tennis champion**, but now he doesn't get any **exercise**. When I try to get him to go to the **gym**, he either says he's too tired or he doesn't have **time**. Any **suggestions**?

DR. BRAND: Martina, it's evident that your **husband** is way too heavy. Have you heard of **body mass index**? Anyone with a **BMI**² of more than 25 is considered overweight. Hence, your **husband** would have a **BMI** of about 35, which puts him in the obese³ **category**. He's got to start exercising and taking off the **pounds**. Have him start slowly and build up to at least three **times** a week and not deviate from that **plan**. Get him to play a **game** of **tennis** with you. But don't delay.

MIRANDA OLSON: All right. Do we have another **question**?

FRANK LEE: Hi, Dr. Brand. I don't know if this is a **health question** or not, but is there a **cure** for **baldness**? I've been losing my **hair** since I was thirty-five, and . . .

¹ *brimmed*: with an edge that gives protection or shade

² *BMI*: body mass index; a numerical measurement of body fat

³ *obese*: extremely overweight

AFTER YOU READ

A VOCABULARY Complete the sentences with the words from the box.

advocate	category	hence	in moderation
authority	deviate	imperative	offset

1. Someone who is an accepted expert in a certain field is a(n) _____.
2. The word _____ means basically the same as *for this reason*.
3. To do something in order to make something bad have a smaller effect is to _____ it.
4. To _____ from a plan or course of action is to turn away from it.
5. When you do something _____, you don't do it too much.
6. When it is extremely important to do something, it is _____ to do it.
7. To _____ something is to support or recommend it.
8. A(n) _____ is a general class of things or ideas.

B COMPREHENSION Complete the sentences based on the reading. Choose the correct answers.

1. According to Dr. Brand, consuming fast food is ____ OK.
a. usually b. occasionally c. never d. always
2. Dr. Brand suggests that too much ____ in food is not beneficial.
a. protein b. calcium c. fiber d. sugar
3. Dr. Brand says ____ should wear sunblock if they spend time in the sun.
a. fair-skinned people b. dark-skinned people c. people over forty d. everyone
4. Exposure to the sun ____ cause skin cancer.
a. will b. shouldn't c. can d. won't
5. Anyone with a BMI exceeding ____ is considered overweight.
a. 40 b. 35 c. 25 d. 20
6. Dr. Brand believes exercise is of ____ importance to someone who is overweight.
a. no b. great c. some d. minimal

C DISCUSSION Work with a partner. Compare your answers in B. Then discuss: What health issue are you most concerned about personally?

NOUNS

Proper Nouns

Mel **Brand** is a physician.

Common Nouns

The **doctor** is an **expert**.

Count and Non-Count Nouns

Count Nouns

Article or Number	Noun	Verb	
A One	snack	is	refreshing.
The Two	snacks	are	

Non-Count Nouns

Noun	Verb	
Rice	is	nourishing.
Nutrition		important.

Nouns with Count and Non-Count Meanings

Count Meaning

There's a hair in my soup!
A chicken escaped from the henhouse.
How many times did you eat out?
Please bring us two coffees .
Brie is a soft cheese .
I see a light in the window.
Her new novel is a work of art.

Non-Count Meaning

Sandra has black hair .
We had chicken for dinner.
It takes time to prepare a good meal.
I'd like some coffee .
Cheese is produced in France.
The sun provides light .
Ideally, work should be fulfilling.

Non-Count Nouns Made Countable

Non-Count Noun

You need advice .
Let's play tennis .
There's not enough salt in the soup.
I like bread with my meal.
It's unhealthy to eat meat every night.
Please put more paper in the printer.

Made Countable

Let me give you a piece of advice .
Let's play a game of tennis .
Add one spoonful of salt .
Please get a loaf of bread at the store.
The recipe takes three pounds of meat .
Two packages of paper are all we have.

GRAMMAR NOTES

1 Definition of Nouns

Nouns name persons, places, or things. There are two types of nouns: **proper** nouns and **common** nouns.

Proper nouns name **particular** persons, places, or things. They are usually unique and are **capitalized** in writing. For example:

Dr. Brand, Kinshasa, China, the United Nations

Common nouns refer to people, places, or things but are **not** the **names** of particular individuals. For example:

scientist, athlete, city, country, building

Dr. Brand has an office in this building.
She comes from **China**.

My uncle is a **scientist**.
This is the biggest **city** in this area.

2 Types of Common Nouns

There are two types of common nouns: **count** nouns and **non-count** nouns.

Count nouns refer to things that you **can count separately**. They can be singular or plural.

You can use **a** or **an** before singular count nouns.

Non-count nouns refer to things that you **cannot count separately**. In their basic sense, they have **no plural form**. We do not use **a** or **an** with them.

The definite article **the** and the quantifiers **some** and **any** often precede non-count nouns.

We often use a **singular verb** with a **non-count noun**. We use a **singular pronoun** to refer to the noun.

One woman lives in this apartment.
There are **eight planets** in our solar system.
Some **vegetables** are tasty.

I'd like **a sandwich**.
Do you want **an apple**?

You should avoid **cholesterol**.
NOT You should avoid ~~a cholesterol~~.

Let me give you **some advice**.
Sally said she didn't need **any advice**.
NOT Sally said she didn't need ~~an advice~~.

Rice feeds millions.
It feeds millions.

3 Categories of Non-Count Nouns

Non-count nouns fall into a number of different categories.

- **abstractions:**
beauty, energy, honesty, love
- **diseases:**
AIDS, cancer, influenza, malaria
- **fields of study/languages:**
Arabic, engineering, English, physics, Spanish
- **food and drink:**
bread, coffee, fish, meat, tea, water
- **natural phenomena:**
electricity, heat, lightning, rain, sun
- **particles:**
dust, pepper, salt, sand, sugar
- **others:**
equipment, furniture, money, news, traffic

Honesty is the best policy.

She is undergoing treatment for **cancer**.

He learned **Arabic** in Saudi Arabia.

They don't eat **fish**.

I got too much **sun** today.

This food needs some **salt**.

Do you have enough **money** in your account?

4 Count and Non-Count Meanings of Nouns

Many nouns have **both a non-count and a count meaning**.

When we add the indefinite article, *a/an*, to a **non-count noun** or make the noun **plural**, the noun **becomes a count noun**, and its **meaning changes**. It generally changes from a mass that cannot be counted to one or more examples that can be counted.

When we place *a/an* before non-count nouns or make the nouns plural, they also take on these meanings: **type of**, **kind of**, or **variety of**.

BE CAREFUL! Not all non-count nouns can be made countable. See Appendix 7 on page 415.

Film is a major art form.

I've seen a lot of interesting **films** lately.
(individual movies)

I used to be a professor of **history**.
I read **a history** of the Civil War.
(a single book)

Mandy gets a lot of **exercise** every day.
I always start my workout with **a warm-up exercise**.
(a specific exercise that has a beginning and an end)

In Italy, I tasted **a new pasta**.
That shop sells many different **teas**.
Many tasty **cheeses** are produced in France.
I drank **a soda**.

We were stuck in **traffic** for hours.

NOT We were stuck in ~~a traffic~~ for hours.

We had **fun** yesterday.

NOT We had ~~a fun~~ yesterday.

5 Making Non-Count Nouns Countable with Phrases

We can make certain non-count nouns countable by adding a **phrase** that gives them a **form**, a **limit**, or a **container**.

- a form
- a limit
- a container

NON-COUNT NOUN

rain
rice/sand

advice
news

coffee/tea
soda

MADE COUNTABLE

a drop of rain
a grain of rice/sand

a piece of advice
a news item

a cup of coffee/tea
a can of soda

USAGE NOTE We often use phrases that make nouns countable instead of *some* or *any*. We use them when we want to be **more precise** and emphatic. They are commonly found in writing.

May I give you **some advice**? (*less precise*)
May I give you **a piece of advice**? (*more precise*)

6 Irregular Nouns

Certain nouns are **irregular**.

- **non-count nouns** ending in *-s*:
news, mathematics, economics, physics
- **count nouns** with **irregular plurals**:
criterion, criteria
stimulus, stimuli
phenomenon, phenomena
species, species
- nouns that are **normally plural** only:
people
police

The **news is** not good tonight.

Mathematics is a difficult subject for me.

Thunder is **an** atmospheric **phenomenon**.

Thunder and lightning are atmospheric **phenomena**.

People are funny.

NOT ~~People is~~ funny.

The **police are** coming.

NOT ~~The police is~~ coming.

USAGE NOTE In the singular, we normally use *person* and *police officer*. *People* can also be used in the singular when it means an ethnic group.

Tilahun is **an** interesting **person**.

My daughter became **a police officer**.

The Hutu are **a people** living in Rwanda and Burundi.

REFERENCE NOTES

For a list of **irregular noun plurals**, see Appendix 4 on page 414.

For a list of **non-count nouns**, see Appendix 5 on page 414.

For a list of **ways of making non-count nouns countable**, see Appendix 6 on page 415.

For a list of **nouns with non-count and count meanings**, see Appendix 8 on page 416.

EXERCISE 1 DISCOVER THE GRAMMAR

GRAMMAR NOTES 1–6 Read the sentences based on the reading. Underline the count nouns. Circle the non-count nouns.

1. We're going to devote the entire program to your questions about health.
2. It's OK in moderation, but I wouldn't make a habit of it.
3. Most fast food is full of salt, sugar, cholesterol, and calories.
4. We love its warmth, but it has its dangers.
5. I've treated patients with cancer.
6. You should wear sunblock if you're going out in the sun for more than a few minutes.
7. He used to be in good shape when he played tennis every day, but now he doesn't get any exercise.
8. Your husband would have a BMI of about 35, which puts him in the obese category.
9. Is there a cure for baldness?
10. I've been losing hair for several years.

EXERCISE 2 COUNT AND NOUN-COUNT NOUNS

GRAMMAR NOTE 4 Look at the word in bold in each pair of sentences. What kind of noun is it? Check *Count* or *Non-count*.

	Count	Non-Count
1 a. You need to get more exercise .	<input type="checkbox"/>	<input checked="" type="checkbox"/>
b. Have you finished the exercise yet?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2 a. There's a hair in my soup!	<input type="checkbox"/>	<input type="checkbox"/>
b. Bruce has short black hair .	<input type="checkbox"/>	<input type="checkbox"/>
3 a. Work can be boring, but it can also be fulfilling.	<input type="checkbox"/>	<input type="checkbox"/>
b. Samantha's new novel is a work of art.	<input type="checkbox"/>	<input type="checkbox"/>
4 a. Please bring us four sodas .	<input type="checkbox"/>	<input type="checkbox"/>
b. Drinking too much soda is not good for you.	<input type="checkbox"/>	<input type="checkbox"/>
5 a. The history I'm reading about World War I is interesting.	<input type="checkbox"/>	<input type="checkbox"/>
b. History has always been my favorite subject.	<input type="checkbox"/>	<input type="checkbox"/>
6 a. Film is my favorite art form.	<input type="checkbox"/>	<input type="checkbox"/>
b. My uncle recommended this film .	<input type="checkbox"/>	<input type="checkbox"/>
7 a. The last time I saw Helena, she was sick.	<input type="checkbox"/>	<input type="checkbox"/>
b. I never have enough time to do the things I want.	<input type="checkbox"/>	<input type="checkbox"/>

EXERCISE 3 COUNT AND NON-COUNT NOUNS

GRAMMAR NOTES 4, 6 Complete the event postings on the website. Choose the correct count or non-count noun form.

SHOUT

FIND:

NEAR:

JEFFERSON JUNG: POETRY READING

WEDNESDAY, AUGUST 28, 2018, 7 P.M. • BURLINGTON CIVIC CENTER

Poet Jefferson Jung will give reading / a reading from his latest book of poems, which he describes as work / a work in progress.
1.
2.

HELEN HAMMOND: HEALTH IN THE TWENTY-FIRST CENTURY

FRIDAY, AUGUST 30, 2018, 8 P.M. • BURLINGTON CITY HALL

Professor Helen Hammond will give talk / a talk on health / a health in the twenty-first century.
3. 4.
Professor Hammond has written history / a history of public health care in the United States. At time / a time when some people think that Americans are unhealthier than ever, she will discuss all the government's criterion / criteria for making budget cuts to Medicaid and other health care programs.
5. 6. 7.

LABOR DAY PICNIC

MONDAY, SEPTEMBER 2, 2018, 5-9 P.M. • PATTON PARK

Work / A work on the renovation of Patton Park is now complete, and we're all set for the annual Labor Day picnic! If you haven't bought your tickets yet, time / a time is running short! As usual, we'll have hamburgers / hamburger and hot dogs, as well as soda / a soda and milk / a milk for the kids.
8. 9. 10. 11. 12.

BURLINGTON FILM FESTIVAL

TUESDAY AND WEDNESDAY, SEPTEMBER 3-4, 2018, 7-12 P.M. • BURLINGTON CIVIC AUDITORIUM

Local theater owner Anna Waters will open this year's festival with film / a film by the famous director Maximilian Garcia. The following evening, Ms. Waters will introduce Sophia Chiwetel, local filmmaker / a local filmmaker, who will present her own new movie about an intercultural romance / intercultural romance between a Nigerian woman and an American man.
13. 14. 15.

EXERCISE 4 NON-COUNT NOUNS MADE COUNTABLE

GRAMMAR NOTE 5 Complete the pairs of sentences. In the sentences on the left, use *some* or *any*. In the sentences on the right, use a phrase that makes the non-count noun countable. Look at Appendix 7 on page 415 for help.

Less Precise

1. a. When we moved to the new office, we lost some equipment.
2. a. Look! I just saw _____ lightning in the sky.
3. a. We didn't play _____ tennis after all.
4. a. Let me give you _____ advice: Don't eat that doughnut.
5. a. There hasn't been _____ rain here for over a month.
6. a. There wasn't _____ rice left on the plate.
7. a. I bought _____ meat at the supermarket.
8. a. We bought _____ furniture at the mall.
9. a. I always have _____ coffee when I wake up in the morning.
10. a. I got _____ sand in my shoes when I was at the beach.

More Precise

- b. When we moved to the new office, we lost two pieces of equipment.
- b. Look! I just saw _____ lightning in the sky.
- b. We didn't play _____ tennis after all.
- b. Let me give you _____ advice: Don't eat that doughnut.
- b. There hasn't been _____ rain here for over a month.
- b. There wasn't _____ rice left on the plate.
- b. I bought _____ meat at the supermarket.
- b. We bought _____ furniture at the mall.
- b. I always have _____ coffee when I wake up in the morning.
- b. Some people think you can see the world in _____ sand.

EXERCISE 5 COUNT AND NON-COUNT NOUNS WITH A, AN, THE

GRAMMAR NOTES 2-6 For each noun, write a sentence in which the noun is used in a non-count sense and another sentence in which it is used in a count sense. Make sure that the count sentences include *a*, *an*, or the plural form of the count noun.

1. time

Non-count: *Time passes much too quickly.*

Count: *We had a great time in Mexico last summer.*

2. film

Non-count: _____

Count: _____

3. equipment

Non-count: _____

Count: _____

4. advice

Non-count: _____

Count: _____

5. work

Non-count: _____

Count: _____

6. talk

Non-count: _____

Count: _____

7. experience

Non-count: _____

Count: _____

8. fish

Non-count: _____

Count: _____

9. light

Non-count: _____

Count: _____

10. history

Non-count: _____

Count: _____

EXERCISE 6 EDITING

GRAMMAR NOTES 1–6 Read the email. There are ten mistakes in the use of count and non-count nouns. The first mistake is already corrected. Find and correct nine more.

Hi Kendra!

Your mom and I are having ^awonderful time in Brazil. We landed in Rio de Janeiro on Tuesday. On Wednesday, we walked and sunbathed on the Copacabana and Ipanema beaches. Unfortunately, I didn't put on any sunblock and got a bad sunburn. There's a good news, though; it's better today. Actually, there's one other problem: We don't have enough furnitures in our hotel room. There's no place to put anything. But everything else has been great. We went to samba show, too. It was a lot of fun.

The Brazilian people is very friendly and helpful. On Friday, we had a flight to São Paulo at 9 a.m., and we couldn't get a taxi. But we were saved by one of the hotel employees, who gave us a ride to the airport. We got there just in time. Now we're in São Paulo. It's an exciting place, but I can't get over the traffics. It took two hours to get from our hotel to the downtown area.

Yesterday we ate *feijoada*, a typical Brazilian food. It was delicious. Tonight we're going to have dinner at very famous restaurant where they serve every kind of meats you can think of. I'm going to have to go on a diet when we get home!

You wouldn't believe the amount of coffees the Brazilians drink. They have little cups of coffee several times a day. It's very strong and sweet.

I'm happy to report that your mom hasn't had a time to go shopping yet. You know I hate shopping!

Love, Dad

EXERCISE 7 LISTENING

10 | 02

A Listen to the conversation. How is Joe Hanson's health?

10 | 02

B Listen again. Answer each question with a complete sentence.

1. What is Joe Hanson concerned about?

He is concerned about his weight.

2. Does Joe have high, medium, or low cholesterol?

3. Which meal does Joe skip daily?

4. Does he have enough time to eat that meal?

5. How much exercise does he get?

6. What kind of food does he eat for lunch?

7. What health issue is Joe at high risk for?

8. What kind of change is the doctor suggesting regarding Joe's eating habits?

9. What foods will Joe still be able to eat?

10. How many times a week will Joe need to exercise at the beginning?

C Work with a partner. Talk about the health habits of someone you know. Discuss these questions.

1. How much exercise does the person get?

2. Does he or she have any bad habits?

3. Does he or she eat regular meals?

4. What kind of diet does the person follow?

5. Does the person have any specific health problems?

EXERCISE 8 HEALTHY VS. UNHEALTHY

A CRITICAL THINKING You are going to compare the habits of Jack Gonzales and Marvin Hamner. First, read the descriptions.

Jack Gonzales gets up about 7 a.m. each morning and starts his day by taking his dog for a walk. When they return, Jack fixes a big breakfast. After breakfast, he reads the newspaper and then bikes to work. He's fortunate to have a workplace that believes in the benefits of exercise, so he's able to take a half hour off at 11:00 a.m. and visit the gym located in his building. At 12:30 p.m., he generally has lunch with his colleagues. He usually takes a sack lunch consisting of a sandwich, two pieces of fruit, and a glass of V-8 juice. When his workday ends at 5:00 p.m., he bikes back home and makes his dinner. He goes out two evenings a week: One evening he volunteers at an animal shelter, and the other he plays the clarinet in a band. When he gets home, he usually reads for an hour or so. Occasionally, he watches TV. He's normally in bed by 11:00 p.m.

Jack's co-worker Marvin Hamner usually doesn't get up until about 8:15. Since he's almost always pressed for time, he generally skips breakfast. His morning meal, in fact, is usually a doughnut and coffee, topped off with a cigarette. He doesn't have time to bike or walk to work, so of course he drives. Sometimes, he doesn't make it there on time. Most days he's tired and sleepy, so he depends on coffee to keep him awake. At midday, he goes out to a fast-food restaurant and eats a meal full of fatty foods with lots of cholesterol. Marvin doesn't use the company's gym. At 5:00 p.m., he leaves the office and heads for his car. At home, he often orders pizza, his favorite food, for dinner. After dinner, he watches TV until about midnight. He smokes quite a few cigarettes while he's engrossed in the TV. It's usually 1 a.m. by the time he gets to bed.

B Work in a group. Compare Jack and Marvin using the following criteria. Give each person a rating on a scale of 1 to 5, 5 being the healthiest. Discuss their differences, giving reasons for your answers.

C Report your ratings to the class.

EXAMPLE: In our group, we gave Jack a rating of 5 for regularity of meals, and we gave Marvin a rating of 3. Both Jack and Marvin eat meals at around the same time every day, but Marvin usually doesn't eat breakfast. . . .

Criteria	Jack	Marvin
Regularity of meals		
Quality of food at meals		
Exercise		
Good habits		
Bad habits		

EXERCISE 9 MY HEALTH

A QUESTIONNAIRE

Complete the questionnaire. Choose the answers that best apply to you.

1. In general, I'd say I'm in ____ health.
a. excellent b. good c. fair d. poor
2. Exercise is ____ to me.
a. very important b. important c. somewhat important d. not important
3. The best exercise for me is ____.
a. running b. swimming c. walking d. weight lifting
4. My favorite kind of food is ____.
a. meat b. pasta c. dessert d. salad
5. The drink I like the best is ____.
a. water b. soda c. milk d. coffee
6. I never miss ____.
a. a meal b. a party c. exercising d. watching TV
7. It's difficult for me to ____.
a. lose weight b. gain weight c. avoid stress d. get enough sleep
8. I ____ smoke.
a. never b. seldom c. sometimes d. often
9. I'm ____ ill.
a. often b. sometimes c. seldom d. never

B Work in a group. Discuss your questionnaire answers. What health habits do you have in common with your classmates? What health trends do you see in your class?

EXAMPLE: **A:** I think I'm in good health. Exercise is important to me, and I swim twice a week. My favorite drink is water, and I love salad.

B: I'm in good health, too. I think exercise is very important, and I run every day. What about you, Kimiko?

C: I think I'm in fair health. I drink a lot of soda, and I don't get enough exercise...

EXERCISE 10 THE NOUN GAME

A GAME Divide into two teams. First, work with your own team. Look at the words in the word box. Match them with their definitions in the chart.

advice	a space	baldness	fast food	people	talk	work
a criterion	a talk	cancer	film	rice	the police	
a film	a tan	cholesterol	lightning	space	thunder	
a people	a work	criteria	news	sunblock	traffic	

a. _____ : an art form that involves moving pictures on a screen	f. _____ : a brownish color that the sun gives to the skin	k. _____ : a cream used on the skin to protect it from burning by the sun	p. _____ : a sudden electrical discharge in the atmosphere	u. _____ : a movie
b. <i>advice</i> : an opinion about what could or should be done about a situation	g. _____ : movement of people or vehicles along routes of transportation	l. _____ : a substance found in the human body and in various foods	q. _____ : people who are responsible for capturing criminals, etc.	v. _____ : a booming sound that occurs with an electrical discharge in the air
c. _____ : conversation	h. _____ : a disease involving the abnormal growth of cells in the body	m. _____ : standards, rules, or tests on which judgments can be made	r. _____ : a grain that many people eat, grown in warm climates	w. _____ : a particular ethnic group
d. _____ : a condition that involves the loss of hair on the head	i. _____ : a blank or empty area	n. _____ : hamburgers, fries, and fried chicken, for example	s. _____ : your job or activities that you do regularly to earn money	x. _____ : the area beyond the atmosphere of the earth
e. _____ : a painting, book, play, or piece of music, for example	j. <i>a criterion</i> : a standard, rule, or test on which judgments can be made	o. _____ : information about events that have happened recently	t. _____ : human beings	y. _____ : a formal discussion

B Work with the other team. Take turns asking and answering *what* questions about each word or phrase in the word box. Then check your answers on page 435. Which team got the most answers correct?

EXAMPLE: **TEAM A:** What is *advice*?

TEAM B: *Advice* is an opinion about what could or should be done about a situation.

TEAM B: What is *a criterion*?

TEAM A: *A criterion* is a standard, rule, or test on which judgments can be made.

FROM GRAMMAR TO WRITING

A BEFORE YOU WRITE Think about your own health. Write a few sentences about each of the topics below.

- Your diet
- Your approach to exercise
- Your approach to work

B WRITE Using your ideas in A, write a five-paragraph essay in which you evaluate your own health. Remember to use count and non-count nouns. Try to avoid the common mistakes shown in the chart. Use the example below to help you begin your essay.

EXAMPLE: How is my health? Overall, I think it is reasonably good, though there's certainly room for improvement.

My diet is good in general, though I should cut down on sugar. . . .

As for exercise, I visit the gym at least five days a week. I do lots of different kinds of exercise: weight training, swimming, and biking. . . .

The area in which my health needs improvement is work. I've been told by friends that I work too many hours every week. . . .

Common Mistakes in Using Count and Non-Count Nouns

Don't use *a* or *an* with non-count nouns or plural count nouns. Use *a* or *an* with **singular count** nouns.

I had **a sandwich, an apple, and a glass of juice.**

NOT I had a sandwich, an apple, and ~~glass~~ of juice.

Both **work** and **play** are important in life.

NOT Both ~~a~~ work and ~~a~~ play are important in life.

Don't use plural verbs with **singular nouns** that end in *-s*. Use **singular verbs**.

Mathematics is difficult for me.

NOT Mathematics ~~are~~ difficult for me.

Don't use the word *people* with a singular verb. Use a **plural verb**.

A lot of **people live** in this neighborhood.

NOT A lot of people ~~lives~~ in this neighborhood.

C CHECK YOUR WORK Look at your essay. Underline the count and non-count nouns. Use the Editing Checklist to check your work.

Editing Checklist

Did you . . . ?

- ☐ use *a* or *an* with singular count nouns
- ☐ avoid using non-count nouns with *a* or *an*
- ☐ use singular verbs with singular nouns ending in *-s*
- ☐ use the word *people* with plural verbs

D REVISE YOUR WORK Read your essay again. Can you improve your writing? Make changes if necessary.

UNIT 10 REVIEW

Test yourself on the grammar of the unit.

A Look at the underlined word in each sentence. Write **C** (count noun) or **NC** (non-count noun).

1. Jack Sanderson describes his latest novel as a work in progress.
2. Let me give you some advice: Walk for half an hour every day.
3. My favorite dinner is fried chicken and mashed potatoes.
4. We saw an interesting new film at our local movie theater last night.
5. I don't care much for potatoes, but I do like rice.
6. My favorite professor is giving a talk tonight.
7. In my view, reading is one of the most beneficial activities.

B Complete the sentences with the correct count or non-count form of the words in the box. Add phrases like *a piece of* if necessary.

advice cheese exercise rice

1. a. There is no doubt that _____ provides many benefits to the body.
b. We always start off our English class with a couple of grammar _____.
2. a. I've given you several _____, but you haven't followed any of them.
b. The _____ you gave me sounded good but turned out to be unrealistic.
3. a. There wasn't a single _____ left in the bowl.
b. _____ is a very important type of grain grown in Asia.
4. a. _____ is one of my absolute favorite foods.
b. Gouda is _____ made from whole or skimmed milk.

C Find and correct five mistakes.

Many people needs to lose weight these days. I do too. My doctor gave me an advice to help me lose weight. He said I should improve my diet. But it takes a work to prepare a nutritious meal. Also, I dislike cauliflower, carrots, beans, and most other vegetable. And I like to drink a can of sodas with every meal. What can I do?

Now check your answers on page 429.