

## Count and Non-Count Nouns

## EXERCISE 1 IDENTIFYING COUNT AND NON-COUNT NOUNS

Read the introduction to a brochure from a gym. Underline the count nouns and circle the non-count nouns.

**PENFIELD ATHLETIC CLUB**

Have you ever heard anyone say, “Use it or lose it”? It’s true! If you don’t *use* your body, it will surely *lose* some strength and flexibility. Your muscles will become weak. Your heart and lungs won’t function efficiently. And your joints will be stiff and easily injured. Inactivity is as bad for your health as cigarettes are.

But when we exercise, we can become stronger and healthier. Research shows that regular exercise not only keeps us from becoming obese, but it lowers our BMI\* and reduces the risk of heart disease, cancer, high blood pressure, and other diseases. And there is evidence that physical activity actually keeps the brain in good condition.

Furthermore, as you exercise, you can look better and younger. People who exercise regularly tend to have better skin and better posture. Exercise reduces stress, lifts moods, and helps you have better sleep. All in all, if you exercise with regularity, you will have a better quality of life.

Join our gym today. You will have fun getting healthy, and you will like the results.

\* BMI: Body Mass Index

## EXERCISE 2 RECOGNIZING NON-COUNT NOUNS

Read the article about Vancouver. There are twenty-nine non-count nouns. The first one is circled. Find and circle twenty-eight more.

What does it take for a city to be voted the “Best City in the Americas”? It takes top scores in a poll that includes friendliness culture, restaurants, lodging, and shopping. This year the city that ranked highest in all areas was Vancouver, British Columbia.

Located on the west coast of Canada, Vancouver has a wonderful climate, with mild weather and clean air. Although it is far north—at latitude 49° 16’ N—the winters are not cold because of the warm Pacific currents that flow by. Wherever you look in the area, you see spectacular scenery: The city is surrounded by mountains capped with snow, and you are never far from the sea.

The water and the nearby wilderness provide plenty of opportunities for people who are devoted to outdoor recreation: Hiking, camping, skiing, and water sports are popular all year round. Because of its natural attributes, the area attracts outdoor enthusiasts, and tourism is important here.

In addition, Vancouver has a large number of cultural events, especially in the fields of

music, art, and dance. There is plenty of entertainment—theaters, concerts, art shows, and festivals—as well as many fine shops and restaurants.

The economy is usually strong. Vancouver is a major port, and it offers easy transportation to all parts of Canada. Because of its ideal location and multicultural community, Vancouver is the gateway of commerce to the entire Pacific Rim. Downtown Vancouver is the headquarters for many businesses in the fields of forestry and mining, as well as in software, biotechnology, and most recently, movies.

Vancouver seems like the perfect city for livability, and for many of its residents, it is. They take pride in their city. Vancouver looked good when the winter Olympics were held there in 2010. And you didn’t have to be an Olympic champ to appreciate the charms of the city. Many thousands of visitors to the Games came away from them impressed not only with the beauty of the city, but with the hospitality of its residents.

## EXERCISE 3 MATCHING PHRASES WITH NON-COUNT NOUNS

Match the non-count nouns on the left with the correct phrases of measurement on the right.

- |                            |                           |
|----------------------------|---------------------------|
| <u>j</u> 1. equipment      | a. a bolt of              |
| ___ 2. electricity         | b. a different branch of  |
| ___ 3. French bread        | c. a few drops of         |
| ___ 4. gasoline            | d. 12 gallons of          |
| ___ 5. iced tea with lemon | e. a nice game of         |
| ___ 6. news                | f. three glasses of       |
| ___ 7. rain                | g. a grain of             |
| ___ 8. brown rice          | h. an interesting item of |
| ___ 9. science             | i. two loaves of          |
| ___ 10. tennis             | j. a heavy piece of       |

## EXERCISE 4 USING PHRASES WITH NON-COUNT NOUNS

Read the email to Mary from her friend LeAnn. Complete the letter with the phrases from the box. Some phrases will be used more than once, and in some places, more than one phrase is appropriate.

a clap of	a game of	a piece of
a drop of	a glass of	a serving of
a flash of	a period of	a slice of

Hi Mary,

You know how much I dislike picnics. But Ted insisted that we go on one before the summer ended, and so we did. We went yesterday, and we had a lot of fun.

In the morning, we drove to Grover's Cove, which is a pleasant, secluded area. There we met some friends, three other couples. At first, the weather was fine. We decided to have a game of 1. volleyball before lunch. But our friends had forgotten the volleyball net, so we forgot about the volleyball game and sat down to play cards 2. instead. It was hot, and the sun was strong, so we all put on sunblock.

At lunch, as usual, I ate too much. I should really get in the habit of eating in moderation, but it's difficult! I've gained a little weight around my middle, which is telling about the fact that I love to eat good food. I had Sheila's special seven-grain bread, 3. Ted's delicious chicken salad, 4. Saga bleu cheese, 5. Sheila's famous apple pie—brimming with calories—and 6. lemonade. 7. Sandy had brought her radio, and she turned on the classical music station. Bob and Mia objected because they wanted to listen to rock, but all the others sided with Sandy, so we listened to music by Mozart, the Violin Concerto Number 3. 8. Everything turned out fine. It was like being together at an outdoor concert, with everyone listening to the same thing.

As soon as we were comfortable, almost falling asleep on our blankets, we heard thunder, 9. which really startled us. Then we saw lightning nearby, 10. so we packed up really fast and left in a hurry. We felt just rain as we got into our cars, 11. and then the rain came down really hard. When we turned on the car

radio, we heard \_\_\_\_\_ news: Tornadoes were in the area, and it was going to be  
12.  
dangerous to be outside for \_\_\_\_\_ time.  
13.

We were quite anxious, but we got home safely and stayed together singing old songs for the rest of the afternoon. You might think that the rain spoiling our picnic was a drag, but it wasn't. We really had a wonderful day. I'm sorry you weren't with us. Next time.

Love, LeAnn

## EXERCISE 5 USING COUNT AND NON-COUNT NOUNS

Read the article reporting the results of a survey that asked people what they valued most in life. Complete the passage. Circle the word or phrase that is correct.

### SURVEY RESULTS

As expected, good health / a  
1.

good health was cited as the  
number one factor necessary to

have a happy life. Devoted partner / A devoted  
2.

partner to share the ups and downs of life with was

the next most important factor. In describing

what they valued or would value in the partner,

people said they wanted to spend their lives with

someone who had integrity / an integrity, who  
3.

wasn't afraid of work / a work, but at the same  
4.

time was capable of having great fun / a great  
5.

fun and who would give love / a love  
6.

generously. Interestingly, more men than

women mentioned that they wanted their

partners to be intelligent. Women tended to

mention practicality / a practicality as a feature  
7.

they desired in a relationship.

The third factor—following a compatible

companion / compatible companion in  
8.

importance—was a strong family, cited equally

by both sexes. Evidently, people yearn for

connections and warmth / a warmth. Also high  
9.

on the list was having work / a work that is  
10.

fulfilling and job / a job that provides  
11.

satisfaction. Good salary / A good salary was  
12.

not the only consideration; most people said that

they also wanted to receive respect / a respect  
13.

for their work.

## EXERCISE 6 USING COUNT AND NON-COUNT NOUNS

Look at the menu from the Vegan Planet Café on the next page. Then complete the sentences with the nouns in the box. Add the indefinite article *a/an* or a plural ending when necessary.

avocado	chocolate	cookie	herbal tea	peanut	rice	tomato
bean	coffee	corn	lettuce	potato	strawberry	

1. This yellow vegetable is used to make tortillas, oil, and chips, among many other things. It's \_\_\_\_\_ *corn* \_\_\_\_\_.
2. Used in cakes, pies, and to flavor ice cream, these red berries are also delicious to eat fresh with a little sugar or whipped cream. They're \_\_\_\_\_.
3. This vegetable comes in many varieties and colors. They are high in protein and carbohydrates. They are popular in many Central American and Caribbean dishes. We buy them packaged or in cans. They are called \_\_\_\_\_.
4. This small grain grows in warm wet places all over the world. It is used a lot in Asian, African, and Central American dishes. It's called \_\_\_\_\_.
5. Originating in Brazil and Peru, and then grown in the southeastern United States we eat these as a snack. They are also used in candy and in many sauces in Southeast Asia. They're \_\_\_\_\_.
6. Round and red, these are used in salads and as a basis of many pasta sauces. They're \_\_\_\_\_.
7. This is a hot drink made from herbs, spices, and other plants. It usually does not have caffeine. It's \_\_\_\_\_.
8. This flat sweet baked food is made from flour and sugar. We eat it as a dessert or a snack. It's \_\_\_\_\_.
9. This delicious brown food comes in both liquid and solid form. It is a popular ice-cream flavor. It's \_\_\_\_\_.
10. This white vegetable has brown, red, or yellow skin. You can bake, boil, roast, or fry it. They are very popular as French Fries and chips. They are \_\_\_\_\_.
11. This is a leafy green vegetable. We usually eat it raw in salads. It is \_\_\_\_\_.
12. This is a dark brown drink with a slightly bitter taste. People usually drink it hot for breakfast, but some people like to drink it iced throughout the day. It is \_\_\_\_\_.
13. This green fruit is not sweet. In fact, many people think it is a vegetable because it contains a lot of fat. This fat, however, is very healthy for you. It is \_\_\_\_\_.

## VEGAN PLANET CAFE

### APPETIZERS

CREAM OF TOMATO SOUP 6.50

MADE FROM ORGANICALLY GROWN TOMATOES

THREE BEAN SALAD 8.50

MADE WITH BLACK, KIDNEY, AND GARBANZO BEANS

### MAIN DISHES

ROASTED VEGETABLES 11.50

SERVED ON BROWN RICE

GRILLED MUSHROOMS 13.50

MADE WITH ONIONS AND GARLIC

AVOCADO SALAD 12.50

WITH LETTUCE, CUCUMBER, AND TOMATOES

### SIDES

BAKED POTATO 4.50

FRIED ONIONS 5.50

CORN ON THE COB 5.00

### DESSERTS

FRESH STRAWBERRIES 6.50

DIPPED IN CHOCOLATE

COCONUT ICE CREAM 5.50

MADE FROM COCONUT MILK

PEANUT BUTTER AND FUDGE COOKIES 4.50

WITH SALTED PEANUTS

HERBAL TEA 2.50

COFFEE 2.50

## EXERCISE 7 EDITING

Read the article from a health website. There are nineteen mistakes in the use of count and non-count nouns. The first mistake is already corrected. Find and correct eighteen more.

The brain is a complex organ. It weighs only about three <sup>pounds</sup> ~~pound~~, but it controls all our behavior, our motor functions, and the five sense: sights, hearing, taste, smell, and touch. Doctors have estimated that the brain has 100 billion nerve cells, called *neurons*. Piece of brain tissue the size of grain of sands contains 100,000 neurons.

As we get older, we tend to lose some brain cell. However, if you take care of your brain, you may reverse that process. You can do several things to increase your mental agility even when you are young.

How can we take care of our brains? Recent studies have found that the same things that keep your heart in good condition will also keep your brain in good condition. Here's what you can do:

- Even in your 40s, take care to keep your cholesterols down.
- Get rid of fat, belly fats in particular.
- Eat antioxidants, especially berries and red grapes. A research shows that both protect against aging signs and can improve your learning and motor skills as well.
- Eat foods with a lot of fiber, such as bean, nut, and cereal but don't eat sugar. (Too much sugars in the bloods can actually damage the memory center of the brain.)
- Get plenty of physical exercise.
- Get plenty of mental exercise: do puzzles, learn new language, practice brushing your tooth with your other hands.
- For the best sleeps, sleep in a cool room.
- Take a midday nap of at least one hours. Midday REM sleep is good for problem-solving skills.

## EXERCISE 8 PERSONAL WRITING

People differ greatly in their habits. How would you describe yours? On a separate piece of paper, write two or three paragraphs describing your health habits. Use some of the phrases from the box.

Some foods that I like are . . .  
I should eat . . .  
I (exercise / don't exercise) very often. For exercise, I like . . .  
I (get / don't get) enough sleep at night. I need to . . .  
When I have free time, I often . . .  
My cholesterol count is . . .  
My blood sugar reading is . . .  
My BMI is . . .  
I (am / am not) obese. My weight is . . .  
I have got to . . .