WATCH THE VIDEO ABOUT HEALTHY EATING

**Tick the types of food you hear:**

1. Olive oil…… 23. Pop corn…
2. Vegetable oil… 24. Sodas….
3. Canola oil (= λάδι κανόλα ή κραμβέλαιο) … 25. Sport drinks…
4. Fish ……… 26. Fresh juice….
5. Meat …….. 27. Water….
6. Chicken ……. 28. milk…..
7. Vegetables...
8. Sweets ….. ![C:\Users\despinaev\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\8J65M00X\1200px-Eggs-as-food[1].jpg]()
9. White flour …..
10. Whole grain flour…..
11. Whole grain bread…..
12. Tortillas…… ![C:\Users\despinaev\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\EJG3DWMK\hamburger-31775_960_720[1].png]()
13. White bread ……. 
14. White rice……..
15. Brown rice……
16. Salt……..
17. Pepper…….
18. Cilantro (US coriander= κόλιανδρο)……..
19. Oregano……..
20. Chilli (AE=chili)……..
21. Cumin(=κίμινο)…….
22. Lemon juice……..

Complete the table

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| COUNTABLE NOUNS | UNCOUNTABLE NOUNS |
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**![C:\Users\despinaev\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\8MZ3LWRQ\Mixed_Berry_Pavlova[1].jpg]() ![C:\Users\despinaev\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\EJG3DWMK\1200px-Foods_(cropped)[1].jpg]()**

**GRAMMAR: Countable or uncountable?**• **Fruit** is usually uncountable:I love fruit.✗Don’t say: I love fruits.• **Fruit** is used as a countable noun when talking about particular types of fruit:They grow mainly citrus fruits.

The noun **soda** can be countable or **uncountable**. In more general, commonly used, contexts, the plural form will also be **soda**. However, in more specific contexts, the plural form can also be **sodas** e.g. in reference to various types of **sodas** or a collection of **sodas**.