GRAMMAR · QUANTIFIERS — ¿DEMASIADO O SUFICIENTE?

Too, Too Much, Too Many & Enough

¿Demasiado café? ¿Poco sol? Hoy aprendimos a hablar de cantidades que sobran y cantidades que alcanzan: too, too much, too many y enough.

01 Too / too much / too many
02 Enough
03 Bad is good for you
04 Speak & practice

Warm-up review — Superlatives + have ever (de Unit 5B)

La clase empezó repasando: *superlative* + ***have/has ever*** + *participio* para hablar de tu récord personal:

- *What's the most **beautiful** city you've ever been to? — The most beautiful city I have ever been to is...*
- *What's the most **expensive** thing you've ever bought? — The most expensive thing I have ever bought is...*
- *Who's the most **generous** person in your family? — The most generous person in my family is...*
- *What's the most **interesting** book you've read recently? — The most interesting book I have read recently is...*

01 GRAMMAR · CUANDO ALGO SOBRA

Too, too much & too many

Too significa «más de lo necesario, más de lo que queremos» — casi siempre es una queja. Tiene tres formas, y elegirla depende de lo que sigue:

Forma	Va con…	Ejemplo de la clase
too much	sustantivos incontables	*I eat **too much** chocolate.*
too many	sustantivos contables (en plural)	*I drink **too many** cups of coffee.*
too	adjetivos y adverbios	*She is **too** tired. She needs to rest.*

Las oraciones de la presentación:

- *If you drink **too much** coffee, it can make you feel anxious.*
- *Don't spend **too many** hours in front of the computer.*
- *You're driving **too** fast! Slow down!*

02 GRAMMAR · CUANDO ALGO ALCANZA (O NO)
Enough — la cantidad justa

Enough significa «suficiente, la cantidad correcta». Puede sonar positivo (*We have enough food*) o negativo con *not* (*not big enough* falta). Su secreto es la **posición** — cambia según lo que acompaña:

Posición	Ejemplo de la clase
enough + sustantivo	*I have **enough money** to buy a PlayStation.*
verbo + enough	*She didn't sleep **enough**.*
adjetivo + enough	*My refrigerator is not **big enough**.*

LA DIFERENCIA EN UNA FRASE

- **too** = sobra → *The coffee is **too** hot.* (no lo puedo tomar)
- **enough** = alcanza → *The coffee is hot **enough**.* (está perfecto para tomarlo)
- **not … enough** = falta → *It is **not** hot **enough**.* (está tibio, le falta)

Talk about your habits (speaking de la clase)

- Do you drink coffee? How many cups of coffee do you drink a day?
- How much time do you spend in the sun? Do you always wear sunscreen?
- Do you play a lot of videogames?
- How often do you eat chocolate?
- How many hours a day do you watch TV?

03 READING & SPEAKING · EL TEMA DE LA CLASE
Everything bad is good for you

El tema de Unit 5C es una paradoja divertida: cosas «malas» como el café o el sol también pueden ser buenas — todo depende de la **cantidad**. Por eso la gramática de hoy es perfecta para el tema:

- **Coffee:** te despierta y ayuda a concentrarte, pero *too much coffee can make you feel anxious* — y si lo tomas de noche, puede afectar tu sueño.
- **The sun:** es peligroso en exceso, pero también te da vitamina D, importante para tu sistema inmunológico. El problema moderno es el contrario: *many people don't get **enough** sunlight because they wear sunscreen all the time*.
- **Screens:** la recomendación de la clase — *Don't spend **too many** hours in front of the computer.*

Do you think you…? (la lista de la clase)

Di cuáles son verdad para ti, con too much / too many / enough:

- read enough
- play enough sports or exercise enough
- have enough free time
- spend too much time online
- work or study too many hours
- do too much housework
- eat enough fruit and vegetables
- drink enough water
- eat too much fast food
- spend too much money on things you don't need
- have too many clothes
- get too much homework

04 SPEAK & PRACTICE · EL CUESTIONARIO DE SALUD
How healthy are your habits?

El cuestionario de la clase (Exercise · Diet · Lifestyle) — respóndelo pensando en tu vida real:

1. How much do you exercise? — a lot / pretty often / very little / none
2. How much fast food do you eat? — I eat too much / a lot / I don't eat much / any
3. How many portions of fruit and vegetables do you eat per day? — 5 or more / 3 or 4 / 2 or less
4. How much water do you drink? — a lot / some / very little
5. What's your worst dietary habit? — I eat too much fat / I drink too many sodas / I eat too much
6. How would you describe yourself mentally? — I'm a positive person / I'm not positive enough / I'm very negative
7. How would you describe your stress level? — I'm too stressed / stressed, but under control / very relaxed
8. How often do you use sunscreen? — when it's sunny / only on vacation / every day
9. How often do you see your close friends? — a lot / pretty often / not enough
10. How much time do you have for yourself? — none / not enough / a lot

Practice — completa con too, too many, too much o enough (de la clase)

1. There are _____ people at the concert. I can't see the stage!
2. You're driving _____ fast! Slow down!
3. We have _____ chairs for everyone to sit.
4. She eats _____ sugar. It's not healthy.
5. I didn't bring _____ money to buy the ticket.
6. There are _____ students in the classroom. It's very noisy.
7. He works _____ hard. He needs to rest.
8. We didn't have _____ time to finish the test.
9. I drank _____ coffee this morning. Now I can't sleep.
10. Do we have _____ food for the party?

Si faltaste a clase

1. Aprende las tres formas de **too** (sección 01) y las tres posiciones de **enough** (sección 02): ahí está toda la clase.
2. Lee la paradoja del café y el sol (sección 03) y marca en la lista «Do you think you...?» lo que es verdad para ti.
3. Responde el cuestionario de salud y haz la práctica de esta página.

Answer key — Practice: 1. too many 2. too 3. enough 4. too much 5. enough 6. too many 7. too 8. enough 9. too much 10. enough. · **Review (Unit 5B):** the highest, the funniest, the youngest, the coldest, the best, the most difficult, the kindest, the cheapest, the most talented.

Saber inglés es saber usarlo.