

Unit 5 A healthy lifestyle Grammar

🌀 Lead-in

Read the sentences below and answer the following questions.

I eat an egg every morning.

I often have a pancake and some milk.

I also eat lots of fruit and vegetables every day. I seldom eat cakes or sweets.Too much sugar is bad for our teeth.

What's the difference between these nouns in bold?

G Lead-in Put the words above into different groups in the following

table.				
Types of no	ouns	Examples		
	singular	egg pancake		
Countable				
		vegetables cakes		
nouns	plural	Sweets teeth		
Uncountable	nouns	<u>milk fruit sugar</u>		

G Exploring the rules—Countable nouns

- Read the first sentence and the first table on page 61 and answer the following question.
- What are countable nouns? Give some examples.

A countable noun refers to something we can count. They have singular forms and plural forms.

Countable nouns (singular)	Countable nouns (plural)
an apple a carrot a cake	two apples six carrots ten cakes

GExploring the rules—Singulars

Read the sentences with"a/an"in the second table on page 61 and answer the following questions.

(1)What can we use before a singular countable noun?

We can use"a" or "an" before a singular countable noun.

(2)	When	do	we	use	<i>`a</i>	"or	"an	"before	a	countable	noun?

. 11	a vOwel sound +	an
a countable noun		
starts with	a consonant sound +	a

GExploring the rules—Singulars

Give more examples of singular countable nouns.

	a	banana. cake.
I want to eat	an	orange. egg.

More examples:a sandwich,an onion,a watermelon,...

GExploring the rules—Singulars

Read the first tip on page 61.



More examples: an hour/'aʊə(r)/ a unit /'ju:nit/

Notes

We should focus on the vowel sounds instead of letters in words to help us decide whether to use"a"or"an" before a singular countable noun.

Solution States State

How we canform the plural of a countable noun? Give some examples.

To form the plural of most countable nouns,we can add "-s"to the singular form.For example,cakes,sweets, eggs,carrots,...

Can we add "-s" after all countable nouns to form the plural?

No,we can't.For example,teeth,potatoes,...

GExploring the rules—Plurals

Get to know more ways to form the plural of countable nouns.

Most nouns	+S	cake→cakes
Nouns ending in a consonant+y	-y+ies	story→stories
Nouns ending in s, sh,ch orx	+ es	bus→buses wish→wishes match→matches box→boxes

GExploring the rules—Plurals

Nouns ending in o	+Sor+ es	photo→photos potato→potato es			
		tomato→tomatoes			
Nouns ending in f	-f/fe+ves	half→halves			
or fe	1/10/00	life→lives			
Some other nouns		man→menWoman→Womenfoot→feettooth→teethchild→childrensheep→sheep			

Tip:Turn to page 144 for changes in pronunciation.

GExploring the rules—Plurals

规则	举例	备注
大多数词后加s	book— books egg— eggs day— days	清辅音后的s读/s/,浊辅音或元音后的s读 /z/
以"辅音字母+ y"结尾的词,去 掉y,再加ies	hobby—hobbies library—libraries activity—activities	
以s、sh、ch、x 结尾的词后加 es	glass—glasses dish— dishes bench—benches box— boxes	es读/lz/ 注意:以ch结尾但不发/tJ/的可数名词不适 用此规则。如:stomach—stomachs
以o结尾的词 后有的加s,有 的加es	piano—pianos z00—Z00s hero—heroes	s读/z/,es读/z/
以f/fe结尾的 词,去掉f/fe,再 加ves	shelf—shelves leaf— leaves knife—knives	ves读/vz/
特殊变化	man— men foot— feet child—children fish— fish	由man或woman与另一可数名词组成的复 合名词变为复数时,两部分都发生变化。 如:women drivers女司机 men doctors男医生

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