**Market day**

Clare is doing her weekly shopping at the local market. Here, she is at the fruit and veg stall.

**Clare:** Those damsons, are they ripe yet?

**Mike:** Taste one. They’re delicious.

**Clare:** Very nice! How much are they?

**Mike:** Three ninety a kilo.

**Clare:** OK, give me a kilo then. And a bunch of grapes, please. And two kilos of potatoes — the organic ones. Let’s see, what else? I don’t suppose you have cauliflower, do you?

**Mike:** I’m afraid not. It’s not in season.

**Clare:** Never mind. I’ll take a lettuce instead. And some cherry tomatoes — just a handful. They’re locally grown, aren’t they?

**Mike:** Harvested this morning.

**Clare:** Good. Oh, and can I have some mushrooms, please? Half a pound or so. They’ll keep for a couple of days, won’t they?

There’s a new stall selling home-made jam. Clare buys a couple of jars, as well as a wedge of Cheddar cheese and half a dozen free-range eggs. She’s tempted to buy a few slices of cured ham, but then she remembers that she wants to cut down on meat, so she treats herself to some smoked salmon instead. Her final purchase of the day is a birthday present for her sister: a selection of soaps, handmade from organically grown herbs.

**Food nouns**

Many food nouns are **uncountable**, but even more are both **countable** and **uncountable**, depending on the context. For example, if you are referring to fruit as a type of food, it is uncountable:

- Everyone ought to eat lots of fruit.
- I always have fruit for lunch.

If you are referring to particular types of fruit, the noun is often used countably:

- Strawberries and raspberries are typical summer fruits.
- Sprinkle the spaghetti with grated cheese. (uncountable)
- They sell a large selection of English cheeses. (countable)
- Do you like strawberry jam? (uncountable)
- Try our home-made jams and chutneys! (countable)