

Enough or too much?

1 SPEAKING & LISTENING

a Answer the questions with a partner.

What do you drink?

1 What did you have to drink yesterday?
Say at what time, and how much.

2 What do you usually drink...?

- ◆ for breakfast
- ◆ mid-morning
- ◆ mid-afternoon
- ◆ with lunch and dinner
- ◆ before you go to bed
- ◆ when you go out for a drink with friends
- ◆ when you are celebrating something

3 Is there anything you never drink?
Why?

4 Do you ever drink out of a can or
a bottle? What?

b 5.15 Listen to a nutritionist talking about what kind of liquids we should drink. Write the drinks from the list in the correct place on the jug. What kind of drinks should we never drink?

water diet coke alcohol low-fat milk tea and coffee fruit juice



c Do you agree with what the nutritionist says? How similar is her advice to what you drink every day?

d. Choose the word and complete the gaps.

At least half of your daily water. About one-third (or cups) can come from coffee or tea – but with no sugar. Milk can make up another per cent. If you drink less milk, just try to get your from another type of food or drink, for example green. You can have one small glass of fruit juice a day, and no more than alcoholic drinks for men or for women. However, some doctors now think that it's a good idea to have several alcohol-free days. Diet drinks which use artificial are not good for you, but up to glasses a day is OK. But try not to have any drinks with a lot of sugar, for example sweet drinks.