

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 _____ should come from 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.