Caffeine Addicts

1. **Read the text**

CONFESSIONS OF A COFFEE ADDICT

I looked old and tired until I gave up caffeine . . .

BEFORE

I used to be completely hooked on caffeine. In a normal day I used to drink 15 to 20 cups of coffee, as well as at least one can of diet cola. If I was lucky I managed to get to sleep at bedtime, but I used to wake up at about 4.00 a.m. and get up and do some work. After an hour or so I normally went back to bed and slept until 8.00 a.m. To be honest, I didn't use to feel 100%, but I didn't connect my poor health with the caffeine I was drinking. In fact, I was absolutely convinced I needed it, because of my incredibly busy lifestyle as a singer.

However, earlier this year I got ill when I was working abroad. I couldn't eat anything, and the only thing I could drink was water. My appetite returned after two days, but suddenly the idea of drinking coffee or cola still made me feel sick, and I haven't drunk a cup since then.

AFTER

Although I thought it was going to be really hard, after the first few weeks I started to feel much better than I ever had before. I found that I was beginning to sleep better, and that I had much more energy. But the most dramatic change I noticed was what happened to my skin. The tension lines relaxed, and my face began to look like it looked when I was a teenager. Everybody started to tell me how much younger I looked! When I realized that chocolate also contains caffeine, I decided I had to give that up too. That was difficult as I've always been really keen on sweet things, but now I'm used to it – I usually have a piece of fruit instead of chocolate.

And there was another really unexpected benefit from giving up caffeine – my memory, which used to be embarrassingly bad, has improved considerably, so I never miss appointments any more!

2. Complete the activity on Vocabulary.

2 VOCABULARY adjectives + prepositions

a Look at the **bold** adjectives. What do they mean?

1 She's **addicted** coffee. (she drinks ten cups a day) _____
2 I'm completely **hooked** that programme. (I never miss it) _____
3 My sister's **obsessed** her new boyfriend. (she thinks about him all the time) _____
4 He's very **interested** astrology. (it's his hobby) _____
5 We were **fascinated** the exhibition. (we stayed for hours) _____
6 She's very **fond** her cousin. (she really likes him) _____
7 I'm not very **keen** sport. (I don't really like it) _____
8 He's **mad** cars. (he loves them) _____
9 I'm **tired** cooking every night. (let's eat out for a change) _____
10 I'm absolutely **fed up** my job. (I've had enough of it) _____

b Complete the missing preposition in the column on the right. Check with the teacher.

3. Complete with an adjective from the list above

c Complete with an adjective.

1 I'm f_____ u_____ with the neighbours. I've had enough of them.
2 She was f_____ by the dancers. They moved so beautifully.
3 He's o_____ with his appearance. He's always looking in the mirror.
4 My sister's m_____ about Johnny Depp. She adores him.
5 He's h_____ on that new TV programme. He just has to watch it every day.
6 I've heard you're quite k_____ on horse racing. I like it too.
7 She's very f_____ of her nephew. He's her favourite relative. _____