14 For a Quick Pickup



Pre-Reading

Think about the following questions.

1. What can you do during the day to get more energy when you are tired?
2. What kind of beverages do people drink for more energy?
3. What is healthy or unhealthy about these drinks?

Vocabulary Preview

Write the letter of the word or phrase with the same meaning as the underlined word.

a. available power; ability to do work
b. effect; influence
c. says; promises
d. goal; purpose
e. facts to show it is true
f. warn

1. ___ I didn't eat breakfast this morning, so I don't have much <u>energy</u> right now.
2. ___ This beverage <u>claims</u> to have 100% of the vitamins a person needs, but I don't believe it.
3. ___ Let me <u>caution</u> you about drinking too much coffee. Too much caffeine is bad for you.
4. ___ New research showing how unhealthy colas are has not had much <u>impact</u> on cola sales.
5. ___ The <u>aim</u> of the company is to sell their drinks around the world.
6. ___ They say this drink will help you study, but there is no <u>evidence</u> to support that claim.

LIVEWORKSHEETS

For a Quick Pickup

Track 27

It used to be that people would drink coffee or tea in the morning to pick them up and get them going for the day. Then cola drinks hit the market. With lots of caffeine and sugar, these **beverages** soon became the pick-me-up of choice for many adults and teenagers. Now drink companies are putting out so-called "energy drinks." These beverages have the specific aim of giving tired **consumers** more energy.

One example of a popular energy drink is Red Bull. The company that puts out this beverage has stated in interviews that Red Bull is not a **thirst quencher**. Nor is it meant to be a **fluid replacement** drink for athletes. Instead, the beverage is meant to **revitalize** a tired consumer's body and mind. In order to do this, the makers of Red Bull, and other energy drinks, typically add vitamins and certain chemicals to their beverages. The added chemicals are like chemicals that the body naturally produces for energy. The vitamins, chemicals, caffeine, and sugar found in these beverages all seem like a sure bet to give a person energy.

Health professionals are not so sure, though. For one thing, there is not enough evidence to show that all of the vitamins added to energy drinks actually raise a person's energy level. Another problem is that there are so many things in the beverages. Nobody knows for sure how all of the **ingredients** in energy drinks work together.

Dr. Brent Bauer, one of the **director**s at the Mayo Clinic in the US, cautions people about believing all the claims energy drinks make. He says, "It is **plausible** if you put these twelve things together, you will get a good result." However, Dr. Bauer adds the mix of ingredients could also have a negative impact on the body. "We just don't know at this point," he says.



Reading Time _____ minutes _____ seconds 315 words

3 *beverage*: a drink
5 *consumer*: a person who buys something
7 *thirst*: the need or urge to drink something
7 *quencher*: a drink that satisfies one's thirst
8 *fluid*: liquid
8 *replacement*: a thing that takes the place of another thing
8 *revitalize*: to restore energy or life
17 *ingredient*: a thing to include to make or cook something
18 *director*: a person with the job to manage or oversee others
20 *plausible*: possible; reasonable

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Reading Comprehension

Choose the best answer.

1. What is the main idea of this reading?

a. Caffeine is bad for people to drink.
b. Energy drinks may or may not work.
c. Red Bull is a good energy drink.
d. Teenagers should not drink energy drinks.

2. What is NOT found in most energy drinks?

a. Caffeine
b. Sugar
c. Thirst quenchers
d. Vitamins

3. According to the reading, what makes it difficult for researchers to know if an energy drink gives people energy?

a. Natural chemicals in a person's body
b. The age of the consumer
c. The company that makes the beverage
d. The number of ingredients

4. What has Dr. Bauer probably researched?

a. Countries where Red Bull is popular
b. Drinks for teenage athletes
c. Habits of healthy and unhealthy adults
d. Vitamins and chemicals in the body

5. Which of the following is NOT true according to the reading?

a. Bauer does not believe the claims of energy drink makers.
b. Colas have been on the market longer than energy drinks.
c. It is impossible to ever prove that energy drinks work.
d. The makers of Red Bull say that it can revitalize a person.

Idiomatic Expressions

Find these idioms in the reading.

- **pick (one) up** [to give a person more energy]
  I drank an espresso, and that really picked me up.

- **a sure bet** [something that seems true without a doubt]
  It is a sure bet that the subway will be crowded at this time of day.

- **at this point** [now; presently]
  We gave her the medicine, so at this point, all we can do is wait to see if it works.

Fill in the blank with one of the above idioms. Change its form if necessary.

1. Let's not wait for Bobby before we order dinner. It's _____ he'll be late.

2. Some people say that B vitamins _____, but I don't know if that's true.

3. The actress claims that, _____ in her career, she needs to take a break from acting.

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Summary

Scan the passage and complete the chart with the correct information.

a negative impact	**a thirst quencher**	**all the ingredients**
enough evidence	**to revitalize people**	**vitamins, chemicals, caffeine**

Energy Drinks
(1 _____, sugar)
_____
_____

What people say:

People who make Red Bull:

"It's not 2 _____."
"It's not meant to be a fluid replacement drink for athletes."
"It is meant 3 _____."

Health professionals:

"We don't see 4 _____ to show drinks really raise a person's energy level." "Maybe 5 _____ together will have a good result." "Maybe all the ingredients together will have 6 _____ on the body."



Listening

Stay Awake to Study

Track 28 Listen to the dialog and complete each sentence.

1. The last time the woman drank an energy drink, it _____.
2. The man says a strong cup of coffee can have _____ of caffeine in it.
3. The energy drinks at the campus café have about _____ of caffeine in them.

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Discussion

Discuss the following questions.

1. Would you say your energy at this moment is low, average, or high? Why?
2. At what time of day do you have the least energy? The most energy?
3. Have you tried (or would you try) an energy drink to pick you up when you are tired?

Grammar

Give Followed by Two Objects

Certain verbs like *give* and *show* are followed by an indirect object and a direct object. Sometimes, the verb *show* is followed by a *that*-clause.

These beverages have the specific aim of (giving to / giving) tired consumers more energy. There is not enough evidence to (show / show to us) that all of the vitamins added to energy drinks actually raise a person's energy level.

Writing

Write your own short paragraph by answering the questions below.

When I Have the Least Energy

(1) At what time of day do you have the least energy? **(2)** What did you do the last time you hit this low-energy time of day? **(3)** Is that what you usually do? **(4)** How did that help you?

Example

I have the least energy between two o'clock and four o'clock in the afternoon. The last time I hit this low-energy time of day, I took a nap. That is what I usually do at this time of day when I'm not at school. This helped me have energy later that night to go out and have fun with my friends.

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Vocabulary and Idiom Review

A. Choose the best word or phrase to fill in the blank.

1. That soft drink won't help your _____. Drink some water instead.
a. beverage b. impact c. fluid d. thirst

2. Did you read the list of _____ that they put in these cookies?
a. aims b. energies c. ingredients d. replacements

3. He didn't buy that _____ energy drink, but he bought one similar to it.
a. countless b. local c. particular d. plausible

4. The Internet can be used _____ of getting a lot of information in a very short time.
a. a sure bet b. and then some c. as a means d. at this point

5. It doesn't take much to _____ in the morning. One cup of coffee will do it.
a. disappear from b. pick me up c. quench with d. revitalize for

6. My professor used to be a(n) _____ in a government agency before she came to this university.
a. consumer b. director c. evidence d. pollution

7. This pimple medicine _____ that it can clear up a person's skin in just seven days.
a. cautions b. claims c. reaches d. reflects

B. Choose the correct form of the word to fill in the blank.

8. The average household's _____ of electricity is highest during the summer.
a. consumer b. consumption c. consumed

9. Boys between the ages of thirteen and sixteen tend to be very _____.
a. energy b. energized c. energetic

10. The cat moved _____ along the top of the brick wall.
a. caution b. cautious c. cautiously

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