# ARE THEY REALLY **GOOD** *AND* **BAD**?

How do we know what to believe when doctors give us advice about what to drink and what not to drink? Every week, it seems, a scientific study contradicts last week's research. Jeremy Laurance reviews the latest medical research into drinks.

## ALCOHOL



**GOOD:** For the heart, in small amounts, according to some studies. Two small glasses of red wine a day can cut the risk of heart attack by 30%, especially for middle-aged men.

**BAD:** For the liver. Liver disease is increasing. Some studies also say that one drink a day increases a woman's risk of all types of cancer by 6%. Other recent studies suggest that no alcohol at all is the ideal for both men and women.

LIVEWORKSHEETS

## COFFEE



**GOOD:** Coffee contains caffeine, which is a stimulant drug, and millions of people drink coffee every day. It improves short-term memory, makes your muscles stronger, keeps you awake, and tastes delicious.

**BAD:** It's sometimes connected with heart disease, arthritis, and high blood pressure.

## JUICE



**GOOD:** For people who don't like fruit and prefer to have it as juice.

**BAD:** For teeth, especially orange juice which contains a lot of acid. Juice also has a lot of natural sugar, so drinking a lot can add to weight problems.

## MILK




**GOOD:** For very young children, who need the calcium for their bones.

**BAD:** For adults and older children. They don't need the extra calcium, and high fat foods like full-fat milk, butter, and cheese can cause heart disease.

LIVEWORKSHEETS

## TEA



**GOOD:** Black tea cuts the risk of heart disease. It also reduces stress, makes you more alert, and may help the immune system and prevent diabetes.

**BAD:** If you add milk, the good effects of tea disappear. Sugar makes it worse.

## WATER



**GOOD:** We can't live without it, but how much is enough? Typical advice is that you need 2.5 litres a day, but that includes liquid you get from other drinks and from food.

**BAD:** Too much water can cause problems, e.g. low salt levels. A few people have actually died from drinking too much water.

*Adapted from the British press*

LIVEWORKSHEETS

## 3 GRAMMAR quantifiers, *too, (not) enough*

**a** Look at the words in the list. Are they countable or uncountable?

| juice | bottle | can | milk | carton | water | wine | cup | glass |
|---|---|---|---|---|---|---|---|---|

**b** In pairs, circle the correct word or phrase for each sentence. Say why the other one is wrong.

1 How *much / many* cups of coffee do you drink a day?
2 I don't drink *much / many* water.
3 I drink *a lot of / many* milk.
4 Drinking *a few / a little* red wine can be good for you.
5 I only have *a few / a little* cans of Coke a week.
6 My parents don't drink *a lot / a lot of.*

**c** Look at the paragraphs about **WATER** in the article again. Find a word or phrase which means...

1 the right amount _____
2 more than you need _____

LIVEWORKSHEETS

# 5C quantifiers

## *too much, too many, too*

1 I'm very stressed today. I have **too much** work. 5.17
My boss talks **too much**.
2 My diet is unhealthy. I eat **too many** cakes and sweets.
3 I don't want to go out tonight. I'm **too** tired.

- We use *too much, too many, too* to say 'more than is good'.
  1 Use *too much* + uncountable noun (e.g. *coffee, time*) or after a verb.
  2 Use *too many* + countable noun (e.g. *cakes, people*).
  3 Use *too* + an adjective **NOT** ~~*I'm too much tired*~~.

## *(not) enough*

1 Do you eat **enough** vegetables? 5.18
I don't drink **enough** water.
2 Jane doesn't sleep **enough**. She's always tired.
3 Our fridge isn't big **enough** for a family of five.
I don't go to bed early **enough** during the week.

1 Use *enough* before a noun to mean 'all that is necessary'.
2 Use *enough* after a verb with no object.
3 Use *enough* after an adjective or adverb.

LIVEWORKSHEETS

# 5C

## a Circle the correct form.

How *much* / *many* coffee do you drink?

1 I eat *too* / *too much* chocolate.
2 I eat *too much* / *too many* crisps.
3 Do you drink *enough water* / *water enough*?
4 I can't come. I'm *too busy* / *too much busy*.
5 This suitcase isn't *enough big* / *big enough*.
6 I worry *too much* / *too many*.
7 You're always at home! You don't *enough go out* / *go out enough*.
8 I don't eat *enough vegetables* / *vegetables enough*.

## b Complete the sentences with *too*, *too much*, *too many*, or *enough*.

You eat *too much* red meat. It isn't good for you.

1 I'm not very fit. I don't do _____ exercise.
2 I can't walk to school. It's _____ far.
3 There are _____ cars on the roads today.
4 I spend _____ time on the computer – it gives me headaches.
5 I don't read _____ – only five or six books a year.
6 I didn't buy the coat because it was _____ expensive.
7 There were _____ people at the hospital, so it was impossible to see a doctor.
8 I don't like watching films on my phone because the screen isn't big _____.

p.43

LIVEWORKSHEETS