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.

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.

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

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 _____

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

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 _____.