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?**

LIVEWORKSHEETS

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?

LIVEWORKSHEETS

2 GRAMMAR quantifiers, *too*, *(not) enough*

a Complete the sentences with *a few*, *a little*, *much*, *many*, or *a lot of*.

1 Max is quite overweight because he eats a lot of chocolate.
2 Excuse me! Can I ask you _____ questions about your diet?
3 How _____ pieces of fruit do you eat a day?
4 How _____ sugar do you have in your coffee?
5 Could I have _____ more tea, please?
6 I watch _____ TV – usually four or five hours a day.
7 _____ sunshine is good for you, but no more than 15 minutes a day.
8 I only drink _____ cups of coffee a day – maybe two or three.

b Match 1–6 to a–f to make sentences.

1 The problem with your diet is that you eat c
2 You're probably having problems sleeping because you drink ____
3 If you want to lose weight, make sure you do ____
4 I don't like the gym because there are ____
5 I know I need to do more exercise, but when I finish work, I'm just ____
6 Jason's dad had a heart attack, but luckily they got to the hospital ____

a too tired.
b early enough.
c too much sugar.
d too much coffee late at night.
e enough exercise.
f too many people and not enough machines.

LIVEWORKSHEETS