

1 Fill in the gaps with the words given below the text. There are more words than you need

WHEN A DRINK WITH DAD TURNS KIDS INTO DRUNKS

cigarettes	concerns	contemporaries	experience	hangover	joy	interviewed
quietly	recovering	relatively	survey	typically	walking	

Another morning, another (1)_____. Sarah Watson does not enjoy the (2)_____. "It's not very nice being drunk," she says. "You get full of yourself and then you get a headache." But Sarah is not an adult (3)_____ from a heavy night in the pub. She is 12 and one of a growing number of young children who know the taste - and the effects - of alcohol.

Sarah is one of the lucky ones. She says her experience is (4)_____ limited. But by the time they reach 14, most children have tried alcoholic drinks, according to a nationwide (5)_____ on young people and drinking.

Seventy-three per cent of 13- to 14-year-old children (6)_____ said they had had an alcoholic drink. As many as 55% of 10- to 12-year-olds said they had tried alcohol, and 45% of seven to nine-year-olds. Experimentation with alcohol begins at an early age, (7)_____ in the form of a glass of wine shared with parents.

Drinkline, the national helpline for people with drink problems, said the dangers of alcohol were being overlooked because of (8)_____ about drugs. Sarah Watson said: "Many people act as though (9)_____ can do more damage, and they take time to talk about drugs, but never about alcohol. When adults do talk about it, they just say it's really bad, and that's the end of the conversation."

"I could live without alcohol," said Sharon O'Dea, 15. "But if you go to a party, it is better than taking drugs."

More English teenagers drink alcohol than their (10)_____ in France and Spain, according to a report last month.

UNNECESSARY WORDS: _____

GLOSSARY: **hangover** headache and tiredness a few hours after drinking too much
full of yourself very self-confident **contemporaries** people of the same age

2 Are these sentences true (T) or false (F)?

- A Sarah Watson doesn't like drink, but she likes its effects.
- B 26% of children aged 14 have never tried alcohol.
- C Almost 50% of nine-year-olds have had an alcoholic drink.
- D Young children usually get their first drink from their brothers or sisters.
- E According to Drinkline, everybody is now talking about alcohol problems.
- F Sharon thinks that drugs are worse than alcohol.

CHILDREN OF THE CORN

admits	chooses	disorder	getting	groups	fascinates	fitting
indignant	leading	options	peers	scars	serious	

A survey done this summer by Teenage Research Unlimited found that 35 percent of girls and 18 percent of boys thought being veggie was "in". Concern for animals is the (1)_____ reason kids give up eating meat.

In the last decade, animal-rights (2)_____ have made teenagers a prime target. At big rock concerts, People for the Ethical Treatment of Animals (PETA) shows stomach-turning footage of the worst slaughterhouses. Amy Kennedy, 20, of Philadelphia, vividly recalls seeing its videos three years ago. "I knew instantly that I would never eat meat again." Most veggies are (3)_____ about factory-farming practices like debeaking chickens and clipping the tails off pigs.

Usually, moms and dads aren't too thrilled about their kids' vegetarianism. "It (4)_____ them," says Dr David Herzog of Massachusetts General Hospital. But getting enough protein - usually parents' biggest fear is not a problem. It is plentiful in the whole grains vegetarians are so fond of. Iron and zinc are a more (5)_____ consideration, however, since they are most concentrated in animal flesh.

Most adolescent veggies have the same problems as their carnivorous (6)_____: they like junk food. High school vegetarians, who complain about the limited (7)_____ in their cafeterias, report that greasy cheese pizza and peanut-butter sandwiches (both high in fat as well as protein) are their staples.

Giving up meat can sometimes be a warning sign of something more serious, like an eating (8)_____. Experts say many young women who suffer from anorexia start out as vegetarians.

Fortunately, most teen vegetarians face more mundane problems - like (9)_____ into the family's eating routine. In the Ahkami household in southern California, mom Linda prepares two dinners most nights - one for her two vegetarian daughters, and another with meat for her husband. "It can be a nuisance," she (10)_____.

UNNECESSARY WORDS: _____

GLOSSARY: **debeaking** = cutting off the beaks **peers** = people of the same age **mundane** = ordinary