

For a Quick Pickup

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 **directors** 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.



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

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