HOW MUCH IS ENOUGH?



WHAT DO YOU USUALLY DRINK?

- for breakfast
- for lunch
- in the afternoon
- in the evening
- for dinner
- before going to bed
- when you go out
- at a party

DO YOU LIKE THESE DRINKS?

CAN YOU RANK THEM?

- WATER
- FIZZY DRINKS
- TEA
- COFFEE
- FRUIT JUICE
- LOW-FAT MILK
- ALCOHOLIC DRINKS

IS THERE ANYTHING YOU NEVER DRINK? WHY?

LISTENING!

You are going to listen to a nutricionist talking about water consumption. Pay attention to the drinks she talks about and the quantities. Complete the sentences below with the information from the audio.

- **At least _____ of your daily liquids should come from _____.**
- **About _____ or three or four cups can come from _____ or _____ but with no sugar.**
- **_____ can make another _____.**
- **You can have _____ small glass of _____ a day.**
- **No more than _____ to _____ _____ for men and _____ for women.**
- **Try not to have drinks with _____ sugar, for example sweet _____.**

ANSWER:

If you don't drink milk, where can you get calcium from?

What do doctors think about alcohol consumption?

Does the nuticionist say diet fizzy drinks are good for you?

LIVEWORKSHEETS

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

ANSWER:

Which drink has more advantages?

Which drink has more disadvantages?

Do you agree with the article? Why?

Why not?

Look at the following words. Are they countable or uncountable?

juice bottle can milk water wine cup glass

Select the correct option:

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*.

Match the highlighted words in the article with the pictures:


1 _____


2 _____


3 _____


4 _____


5 _____


6 _____

SPEAKING!

Do you think you...?

drink enough water · do enough sport or exercise · have enough free time · spend too much time online · spend too much time in the sun · spend too much money on things you don't need · read enough · spend too many hours working or studying · have too many clothes · do too much housework · get too much homework

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