

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?
I don't drink **enough** water.  5.18
- 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* before a noun to mean 'all that is necessary'.
- 2 Use *enough* after a verb with no object.
- 3 Use *enough* after 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 _____.