

# 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?**

- 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?

## 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.