

TEENAGERS AND THEIR HABITS 1 Teenagers spend almost half an hour less each day meeting their friends and talking with their family than a generation ago and have filled the gap by playing computer games, a study has found. The significant reduction in time spent socialising was highlighted in an analysis published by the Office 5 for National Statistics (ONS) comparing the lives of 18-year-olds in Britain with those of their counterparts in 2000. It found that on average 18-year-olds spend 27 minutes less each day visiting pubs or cafés, meeting friends and family and talking on the telephone than they did at the start of the millennium. They also spend about 26 minutes less a day watching 10 television or films or listening to the radio. On the positive side, 18-year-olds are exercising more and spending more time playing sport than a generation ago, although the rise was a modest eight minutes a day. The much bigger change is their growth of screen time: young people in their late teens spend on average 17 minutes longer a day 15 using laptops or computers, including social media, and 31 minutes a day playing computer games. Today's 18-year-olds drink less and are much less likely to smoke than their counterparts at the turn of the millennium, as previous surveys have shown. Less than a quarter of young people aged 18-24 smoke, compared with more 20 than a third in 2000. The proportion of this age group who drank alcohol recently fell from 33 per cent to 24 per cent over the period.	VOCABULARY - Find one word in the text for each of the following meanings: a) the part of an electronic device on which a picture or information is displayed b) existing or occurring before something else - Find synonyms in the text c) important d) decrease e) dropped
CAFFEINE AND ALCOHOL POTENT MIX FOR YOUNG 1 Mixing alcohol and caffeine is hardly a new concept, but a series of cases involving students and others who were taken to hospitals after drinking beverages that combine the two in a single large can has alarmed college and health officials around the country. The drinks are dangerous, 5 doctors say, because the caffeine masks the effects of the alcohol, keeping consumers from realizing just how intoxicated they are. A brand called Four Loko, a fruit-flavored malt beverage that has an alcohol content of 12 percent and as much caffeine as a cup of coffee, has been particularly criticized after students who drank it this fall at 10 Ramapo College in New Jersey ended up in emergency rooms, some with high levels of alcohol poisoning. 'This is one of the most dangerous new alcohol mixtures I have ever seen,' said an emergency room doctor at Lancaster General Hospital, who said he had treated more than a dozen teenagers and adults over the 15 last three months who had been brought there after drinking Four Loko. 'It's a recipe for disaster because your body's natural defense is to get sleepy and not want to drink, but in this case you're tricking the body with the caffeine.'	VOCABULARY - Find one word in the text for each of the following meanings: a) a marketable name b) a list of ingredients and directions for making something - Find synonyms in the text c) hides d) especially e) somnolent

DEFINITIONS: Find one word in the text for each of the following meanings:

a) **followed the same pattern =**

...that nitrites in the meat 5 produce carcinogens linked to bowel cancer. Aseem Malhotra, a cardiologist and another signatory, added that the unwillingness of the food industry to acknowledge this mirrored the tobacco industry's behaviour in the 1990s

b) **sufficiently important, rewarding, or valuable to justify time or effort spent =**

"The risk from processed meat for an individual is low: 100 people would need to eat two sausages a 20 day for their whole lives to get one extra case of bowel cancer." His view is that individuals should not be worried. He said, however, that changes by food producers could still be worthwhile.

a) **Promises to yourself to do or to not do something.**

Many find resolutions like reducing unhealthy snacks or taking part in a weekend fitness class easier when friends and family are making the same changes. However, not all decisions affecting our health are intentional, ...

b) **Having achieved a lot, become popular, and/or made a lot of money.**

...based on the spread of behaviour 15 through social networks, it has been hugely successful since it began in 2012. It is thought to have encouraged more than a million attempts to quit, suggesting a single big collective push may promote rates of people stopping more than constant low level messaging throughout the year

SYNONYMS :

c) **admit =**

Aseem Malhotra, a cardiologist and another signatory, added that the unwillingness of the food industry to acknowledge this mirrored the tobacco industry's behaviour in the 1990s

d) **avoided =**

In 2015 the World Health Organisation highlighted the potential danger 10 from nitrites in a report that estimated that 8,800 cases of cancer could be prevented if no one ate processed or red meat.

e) **alerts =**

"We are concerned that not enough is being done to raise awareness 15 of nitrites in our processed meat and their health risks, in contrast to warnings regularly issued regarding sugar and fattening foods".

a) **investigation =**

People whom we value and are in regular contact with form our social network. Research findings 10 indicate that a person is far more likely to become obese if someone in their circle has also become obese.

b) **fat =**