

1 SPEAKING & LISTENING

a Answer the questions with a partner.

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 soda sports drinks
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 READING & VOCABULARY health and the body

a Is there anything you drink that some people say is good for you and other people say is bad?

b Read the article *Are they really good and bad?* on p.43. Match the **highlighted** medical words to the pictures.

1 _____

2 _____

3 _____



4 _____

5 _____

c 5.16 Listen and check. Practice saying the words. What do you think *heart attack* and *blood pressure* mean?

d Read about each drink again. In pairs, decide which drinks you think have...?

- a more advantages than disadvantages
- b more disadvantages than advantages

e Do you agree with the information in the article? Have you read or heard anything recently that contradicts anything in the article?

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 on drinks.

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.



SPORTS DRINKS

GOOD: Sports drinks contain carbohydrates, which give athletes extra energy. They also contain minerals.

BAD: They can contain a lot of calories — over 50 grams of sugar per serving. Too much sugar is bad for your teeth and can cause health problems.



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.



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 soda cup glass

- b In pairs, circle the correct word or phrase for each sentence. Say why the other one is wrong.

- How *much* / *many* cups of coffee do you drink a day?
- I don't drink *much* / *many* water.
- I drink *a lot of* / *many* milk.
- Drinking *a few* / *a little* grape juice can be good for you.
- I only have *a few* / *a little* cans of soda a week.
- My parents don't drink juice *a lot* / *a lot of*.


- c Look at the paragraphs about **WATER** in the article again. Find a word or phrase that means...

- the right amount _____
- more than you need _____

- d **G p.134 Grammar Bank 5C**

4 PRONUNCIATION & SPEAKING /ʌ/

- a **5.19** Look at the spelling rules for the /ʌ/ sound. Then listen and repeat the words.

	Typical spelling	! But also
 up	u (between consonants), much, drug, muscles	o none ou enough oo (very rare) blood

- b **5.20** Listen and write the last word in each sentence.
- c Listen again and repeat the sentences from b.
- d Ask and answer the questions with a partner. Say why.

Do you think you drink enough water?

(Yes, I think so. I always carry a bottle of water...)

Do you think you...?

drink enough water • exercise or play sports enough • 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

5A comparatives

adjectives


- 1 I'm **busier than** I was five years ago.  5.4
People are **more impatient** today **than** in the past.
- 2 I'm **less relaxed** this year **than** I was last year.
- 3 The service in this restaurant isn't **as good as** it was.

- To compare two people, places, or things we use:
 - 1 comparative adjectives.
 - 2 *less* + adjective.
 - 3 (not) *as* + adjective + *as*.

comparative adjectives

short	shorter	one syllable: + -er
hot	hotter	one vowel + one consonant: double final consonant
stressed	more stressed	one syllable adjectives ending in -ed: <i>more</i> + adjective
busy	busier	two syllable adjectives ending in consonant + -y: <i>y</i> + -ier
relaxed	more relaxed	two or more syllables: <i>more</i> + adjective
good	better	irregular
bad	worse	irregular
far	farther / further	irregular

adverbs

- 1 People walk **more quickly than** in the past.  5.5
- 2 My brother speaks French, but **less fluently** than me.
- 3 She doesn't drive **as fast as** her brother.

- To compare two actions we use:
 - 1 comparative adverbs.
 - 2 *less* + adverb.
 - 3 (not) *as* + adverb + *as*.


comparative adverbs

quickly	more quickly	adverbs ending in -ly: <i>more</i> + adverb
fast	faster	irregular
hard	harder	irregular
well	better	irregular
badly	worse	irregular

Comparatives with pronouns

After comparative + *than* or *as...as*, we use an object pronoun (*me, her*, etc.) or a subject pronoun + auxiliary verb, e.g.,
*My brother's taller than **me**. My brother's taller than **I am**.*
*He's not as intelligent as **her**. He's not as intelligent as **she is**.*

5B superlatives

- 1 Tokyo is **the cleanest** city in the world.  5.12
Mexico is one of **the most popular** vacation destinations.
Camping is **the least expensive** way to go on vacation.
- 2 It's **the most beautiful** city **I've ever been to**.
It's **the best** movie **I've seen** this year.


- 1 We use *the* + superlative adjectives to say which is the biggest, etc., in a group.
- After superlatives we use *in* + names of places or singular words for groups of people, e.g.,
*It's **the noisiest** city **in** the world. Ann's **the oldest** **in** the class.*
- We can also use *the least* + adjective, e.g., *the least expensive* OR *the cheapest*.

- 2 We often use *the* + superlative with the present perfect + *ever*.

adjective	comparative	superlative
cold	colder	the coldest
thin	thinner	the thinnest
healthy	healthier	the healthiest
beautiful	more beautiful	the most beautiful
good	better	the best
bad	worse	the worst
far	farther / further	the farthest / the furthest


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** cookies.
- 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., *cookies, 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 refrigerator 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.

5A

a Write sentences with a comparative adjective or adverb + *than*.

New York is more expensive than Miami. (expensive)

- Modern computers are much _____ the early ones. (fast)
- My sister is _____ me. (short)
- This exercise is _____ the last one. (easy)
- San Francisco is _____ from Los Angeles _____ San Diego. (far)
- I thought the third *Men in Black* movie was _____ the first two. (bad)
- Manchester United played _____ Arsenal. (good)
- I'm _____ this year _____ I was last year. (stressed)
- I'm working _____ this year _____ last year. (hard)
- The new airport is _____ the old one. (big)
- I'm not lazy. I just work _____ you! (slowly)

b Rewrite the sentences so they mean the same. Use *as...as*.

Luke is stronger than Peter.

Peter isn't as strong as Luke.



- Adam is shorter than Jerry.
Jerry isn't _____ Adam.
- Your bag is nicer than mine.
My bag isn't _____ yours.
- Tokyo is bigger than London.
London isn't _____ Tokyo.
- Tennis is more popular than volleyball.
Volleyball isn't _____ tennis.
- Children learn languages faster than adults.
Adults don't _____ children.
- I work harder than you.
You don't _____ me.
- The Lakers played better than the Knicks.
The Knicks didn't _____ the Lakers.

← p.39

5B

a Complete the sentences with a superlative.

Is Shanghai the biggest city in the world? (big)

- Thais are _____ people I've ever met. (generous)
- Yesterday was _____ day of the year. (hot)
- Early morning is _____ time to drive to the city. (bad)
- She's _____ girl at school. (friendly)
- This is _____ part of the exam. (important)
- _____ time to visit New England is the fall. (good)
- Delhi in India is one of _____ cities in the world. (polluted)
- _____ I've ever flown is to Bali. (far)
- It was _____ movie I've ever seen. (funny)
- Rob's daughters are all pretty, but I think Emily is _____. (pretty)

b Write sentences with a superlative + *ever* + the present perfect.

It / good movie / I / see

It's the best movie I've ever seen.

- It / windy place / I / be to
- She / unfriendly person / I / meet
- It / easy exam / we / take
- They / expensive pants / I / buy
- This / long book / I / read
- He / attractive man / I / see
- It / bad meal / I / eat
- He / interesting teacher / we / have
- It / exciting job / I / do

← p.40

5C

a Circle the correct form.

How much / many coffee do you drink?

- I eat too / too much chocolate.
- I eat too much / too many potato chips.
- Do you drink enough water / water enough?
- I can't come. I'm too busy / too much busy.
- This suitcase isn't enough big / big enough.
- I worry too much / too many.
- You're always at home! You don't enough go out / go out enough.
- 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.

- I'm not in shape. I don't exercise _____.
- I can't walk to school. It's _____ far.
- There are _____ cars on the freeways today.
- I spend _____ time on the computer. It gives me headaches.
- I don't read _____ – only five or six books a year.
- I didn't buy the coat because it was _____ expensive.
- There were _____ people at the party, so it was impossible to dance.
- I don't like watching movies on my phone because the screen isn't big _____.

← p.43