

NEWS ENGLISH LESSONS.com

Coffee doesn't wake you up

MANY FLASH AND ONLINE ACTIVITIES FOR THIS LESSON, PLUS A LISTENING, AT:

<http://www.NewsEnglishLessons.com/1006/100603-coffee.html>

IN THIS LESSON:

| | |
|----------------------------|----|
| The Reading / Tapescript | 2 |
| Phrase Match | 3 |
| Listening Gap Fill | 4 |
| Multiple Choice | 5 |
| Spelling | 6 |
| Put the Text Back Together | 7 |
| Scrambled Sentences | 8 |
| Discussion | 9 |
| Writing | 10 |
| Homework | 11 |

ALL ANSWERS ARE IN THE TEXT ON PAGE 2.

3rd June, 2010

THE READING / TAPESCRIPT

From: <http://www.NewsEnglishLessons.com/1006/100603-coffee.html>

A new report says drinking coffee doesn't wake you up. This goes against what most coffee drinkers believe. The research is from Bristol University in the U.K. Lead researcher Peter Rogers found that people who drink coffee only think it gives them a boost. He said in reality, caffeine doesn't make you more alert. The study suggests a morning coffee only feeds the drinker's addiction to caffeine. This then makes that person feel happier. Dr Euan Paul of the British Coffee Association disagrees. He says caffeine increases alertness levels.

It's strange that no one can agree on coffee. Some scientists say it is good for us, others say it isn't. There are many reports that say it causes higher blood pressure or that it isn't safe for pregnant women. We can also read articles that say coffee is good for our brain and memory or that it's good for the heart. I suppose the only thing people do agree on is that we shouldn't drink too much of it. Coffee is important for many of us. We drink it when we wake up and we meet people for a chat in cafes like Starbucks.

PHRASE MATCH

From: <http://www.NewsEnglishLessons.com/1006/100603-coffee.html>

Match the following phrases from the article.

Paragraph 1

- | | |
|---------------------------------------|-----------------------|
| 1. This goes against what most coffee | a. boost |
| 2. The research is from | b. to caffeine |
| 3. it gives them a | c. drinkers believe |
| 4. make you | d. alertness levels |
| 5. the drinker's addiction | e. Bristol University |
| 6. caffeine increases | f. more alert |

Paragraph 2

- | | |
|------------------------------|-------------------|
| 1. It's strange that no one | a. for us |
| 2. scientists say it is good | b. much of it |
| 3. it causes higher | c. cafes |
| 4. the only thing people do | d. can agree |
| 5. we shouldn't drink too | e. agree on |
| 6. chat in | f. blood pressure |

LISTENING GAP FILL

From: <http://www.NewsEnglishLessons.com/1006/100603-coffee.html>

A _____ drinking coffee doesn't wake you up. _____ what most coffee drinkers believe. The research is from Bristol University in the U.K. Lead researcher Peter Rogers found that people who drink coffee only think it _____. He said in reality, caffeine doesn't make you more alert. The _____ morning coffee only feeds the drinker's addiction to caffeine. _____ person feel happier. Dr Euan Paul of the British Coffee Association disagrees. He says caffeine _____ levels.

It's strange that _____ on coffee. Some scientists say it is good for us, others say it isn't. There are many reports _____ higher blood pressure or that it isn't safe for pregnant women. We can also read articles that say coffee is good for our brain _____ that it's good for the heart. I suppose the only thing people _____ that we shouldn't drink too much of it. Coffee is important for many of us. We drink _____ and we meet _____ in cafes like Starbucks.

MULTIPLE CHOICE

From: <http://www.NewsEnglishLessons.com/1006/100603-coffee.html>

A new report says drinking coffee doesn't wake you up. This goes (1) _____ what most coffee drinkers (2) _____. The research is from Bristol University in the U.K. Lead researcher Peter Rogers found that people who drink coffee only think it gives them a (3) _____. He said in reality, caffeine doesn't make you more alert. The study suggests a morning coffee only feeds the drinker's addiction (4) _____ caffeine. This then makes that person feel happier. Dr Euan Paul of the British Coffee Association disagrees. He says caffeine increases alertness (5) _____.

It's strange that no one can agree on coffee. Some scientists say it is good for us, (6) _____ say it isn't. There are many reports that say it causes higher blood pressure or that it isn't (7) _____ for pregnant women. We can also read articles that say coffee is good for our brain and (8) _____ or that it's good for the heart. I suppose the only thing people do agree on is that we shouldn't drink too (9) _____ of it. Coffee is important for many of us. We drink it when we wake up and we meet people for a chat in cafes (10) _____ Starbucks.

Put the correct words from this table into the article.

- | | | | |
|-----|--------------|----------------|---------------|
| 1. | (a) back | (b) against | (c) up |
| 2. | (a) belief | (b) believable | (c) believe |
| 3. | (a) boost | (b) boast | (c) best |
| 4. | (a) at | (b) to | (c) of |
| 5. | (a) level | (b) leveled | (c) levels |
| 6. | (a) others | (b) another | (c) the other |
| 7. | (a) safety | (b) safe | (c) safes |
| 8. | (a) remember | (b) memorize | (c) memory |
| 9. | (a) much | (b) most | (c) many |
| 10. | (a) likely | (b) liked | (c) like |

SPELLING

From: <http://www.NewsEnglishLessons.com/1006/100603-coffee.html>

Spell the jumbled words (from the text) correctly.

Paragraph 1

1. A new trrepo
2. coffee rsinkred
3. gives them a otsbo
4. mniognr coffee
5. feel paipehr
6. caffeine increases alertness eslvle

Paragraph 2

7. no one can aeger
8. higher odlob pressure
9. gepnartn women
10. good for the rheta
11. we shouldn't irknd too much
12. a chat in cesaf

PUT THE TEXT BACK TOGETHER

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Number these lines in the correct order.

- () for many of us. We drink it when we wake up and we meet people for a chat in cafes like Starbucks.
- () coffee only think it gives them a boost. He said in reality, caffeine doesn't make you more alert. The study suggests
- () happier. Dr Euan Paul of the British Coffee Association disagrees. He says caffeine increases alertness levels.
- () isn't. There are many reports that say it causes higher blood pressure or that it isn't safe for pregnant
- () It's strange that no one can agree on coffee. Some scientists say it is good for us, others say it
- () women. We can also read articles that say coffee is good for our brain and memory or that it's good for the
- (**1**) A new report says drinking coffee doesn't wake you up. This goes against what most coffee drinkers
- () heart. I suppose the only thing people do agree on is that we shouldn't drink too much of it. Coffee is important
- () a morning coffee only feeds the drinker's addiction to caffeine. This then makes that person feel
- () believe. The research is from Bristol University in the U.K. Lead researcher Peter Rogers found that people who drink

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With a partner, put the words back into the correct order.

1. wake up Drinking doesn't you coffee.

2. what most This coffee goes drinkers against believe.

3. alert Caffeine make more doesn't you.

4. to feeds caffeine the drinker's Coffee addiction only.

5. increases levels He caffeine alertness says.

6. scientists for say us it is Some good.

7. higher that blood say pressure it causes Reports.

8. for say good brain that is our Articles coffee.

9. is Coffee us of many for important.

10. up wake we when it drink We.

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

WRITING

From: <http://www.NewsEnglishLessons.com/1006/100603-coffee.html>

Write about coffee for 10 minutes. Show your partner your paper. Correct each other's work.

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. COFFEE: Search the Internet and find more information about coffee and caffeine. Talk about what you discover with your partner(s) in the next lesson.

3. MAGAZINE ARTICLE: Write a magazine article about coffee. Include imaginary an interview with a coffee addict. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

4. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

5. LETTER: Write a letter to a coffee addict. Ask him/her three questions about coffee. Give him/her three of your opinions on coffee. Read what you wrote to your classmates in the next lesson. Your partner will answer the questions you asked.