

**Lesson Preview:** In this lesson, you will learn some vocabulary related to drinking and alcohol. You will also practice reading and writing a list. Lists help you skim for important information. They also teach you to write **concisely**. This means you only include the important information. *This list includes six facts about alcohol. Can you come up with a seventh fact?*

## Pre-Reading Warm-Up Chat ☀

1. What is the legal drinking age in your country?  
How does this compare to other countries?
2. What reasons do people have for drinking alcohol? Work with your class to come up with at least ten reasons.
3. What is the best way to sober up after a night of drinking?

## Complete the Phrasal Verb ☀



Imagine that you walked into a restaurant or party and discovered the man above. What would you most likely say about him?

“He passed \_\_\_\_\_ at the table!”

- a. by      b. out      c. up      d. away

## Six Facts about Alcohol

### 1. Alcohol is a drug.

Although it is legal, alcohol is a *drug*. A drug is a **substance** that physically **affects** the body. Alcohol slows down parts of the body, including the brain.

### 2. Alcohol is a leading cause of injury.

Like smoking and **high blood pressure**, alcohol is a leading cause of death, illness, and injury. Injuries and deaths connected to alcohol include drownings, traffic accidents, and cancer.

### 3. Alcohol abuse causes blackouts.

**Intoxication** from alcohol can cause you to forget a period of time. This is called a **blackout**. If you experience a blackout while drinking, you may not remember your experience the next day.

### 4. Time is the only way to get sober.

Some people drink coffee to try to **sober up**. Others take a cold shower or eat a big meal. The only true way to sober up is to **give it time**. The **liver** needs about an hour and a half per drink to get back to normal. Alcohol is hard on the liver.

### 5. You can build up a tolerance to alcohol.

One person may get drunk from one drink while it takes another person four drinks. The person with a **high tolerance** still has alcohol in his bloodstream. His body is just *used to* the **effects** of alcohol.

### 6. Alcohol brings you down.

Many people drink when they feel upset or depressed. A small amount of alcohol may provide a **temporary** high. However, when you become intoxicated, you eventually come down. Then you feel worse than you did before.

### 7. Add a fact: \_\_\_\_\_

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## Comprehension Check – Listening Practice

Listen to your teacher read some sentences out loud. If the statement is a **FACT** from the reading write **YES**. If it is **NOT** a fact from the reading, write **NO**.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Affect Vs. Effect

Two commonly confused words in English are *affect* and *effect*. Many native English speakers have trouble choosing which word to use when writing these words. The words *affect* and *effect* sound very similar when they are pronounced quickly. Here are the basic rules to remember. Try writing some example sentences in your notebook.

### 1. **affect** (verb): *to influence*

Alcohol **affects** people in different ways.

### 2. **effect** (noun): *result*

He could still feel the **effects** of the alcohol in the morning.

## You're Slurring!

(not speaking clearly)



Look at the image above. Imagine this man is your friend. What things might you say to him? Make a list of possible statements and questions. Practice your examples with a partner.

1. *You've had one too many.*
2. *Should I call you a cab?*

3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## Vocabulary Review – Fill in the Blanks

Use the **bold** words from the reading on page 1 to complete the sentences. You may need to change the *word form* or *tense*.

1. During my university days, I built up a \_\_\_\_\_ for alcohol.
2. My sister was \_\_\_\_\_ at the party. She drank so much she \_\_\_\_\_.
3. You have a hangover. \_\_\_\_\_ and it will go away.
4. \_\_\_\_\_ is a leading cause of heart attacks.
5. I can't drive until I \_\_\_\_\_. I'll pick my car up in the morning.
6. Heavy drinking damages the \_\_\_\_\_. The effects are long-term, not temporary.
7. I felt the \_\_\_\_\_ of the alcohol when I stood up.

## Writing Practice

### Main Idea

**Skim** through the reading again. Can you think of one sentence that sums up the reading?

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### Details

Every good list has a few memorable details. A detail may be a specific example or a memorable note. **Scan** the list for interesting details. Rewrite a few of the details from page 1 in your own words (paraphrase).

1.

2.

3.

4.

5.

## Seven Myths about Alcohol – Research

You learned six facts about alcohol. Now it's time to learn some myths! Do some research with your classmates and *bust* some myths about drinking and alcohol. Try to use some vocabulary from the reading.

MYTH #1 *Coffee sobers you up.*

MYTH #2

MYTH #3

MYTH #4

MYTH #5

MYTH #6

MYTH #7