

## 6.1. READING

### ALCOHOL AND TEENAGERS

Alcohol is a drug that works directly on the central nervous system. Alcohol kills more male teenagers and young men than any other drug taken to affect behavior (heroin, cocaine). Despite this, alcohol is a legal (for adults) and socially acceptable drug, at least in western societies.

Most deaths due to alcohol are caused by the way people behave when under its influence. Men fight more and drive more recklessly. Alcohol use is a risk factor for the three main causes of death among youth: unintentional injuries (including motor vehicle crashes), suicides and homicides. Besides, the effects of excessive alcohol on young people lead to serious health problems: the liver can be damaged, the heart can beat so irregularly that it can stop, the body can lose temperature causing hypothermia, etc. Alcohol also puts you at great risk from sexual behavior. When you drink too much, you may find you have more than you had planned on: a sexually transmitted disease or an unwanted pregnancy.

One of the dangers of drinking is not recognising when you have had too much. Different drinks have varying alcohol content and the body reacts differently to alcohol according to whether or not you have eaten, how thirsty you are, even the time of day it is. Even if you stop drinking the level of alcohol can continue increasing. No amount of coffee, cold baths or showers will stop it.

Taking a meal before drinking slows the process of getting drunk, but once alcohol gets to the small intestine the effects kick in. The only thing that reverses the effect of alcohol is time. At the end of the day, we should not forget that alcohol is a dangerous drug.

Adapted from About.Com. Men's health

#### **READING COMPREHENSION.**

**Add TRUE or FALSE and copy the evidence from the text to support your answer.**

1. All deaths due to alcohol are caused by the way people who are inebriated behave.
2. Alcohol may lead to serious sex-related problems.
3. As soon as you stop drinking, the level of alcohol starts to decrease.
4. If you drink on an empty stomach, you will get drunk quickly.

**LEXICON. Find words or phrases in the text that mean the same as these given.**

1. in a careless manner.
2. accidental.
3. non-desirable.
4. realising.

**PHONETICS**

1. How is the “-s” pronounced in “baths”, /s/, /z/ or /ɪz/?
2. Is the “ch” in “much” pronounced as /ʃ/ or as /tʃ/?
3. Write a word from the text that includes the same sound as “body” /ʌ/.
4. How is the “-ed” pronounced in “transmitted”, /t/, /d/ or /ɪd/?

**USE OF ENGLISH**

**Rewrite the following sentences starting with the words given:**

1. People think that drinking is a dangerous drug.

Drinking ...

2. Yesterday they met a beautiful girl. Her father is a famous guitarist.

Yesterday they ...

3. He probably lost his wallet at the airport.

He ...

4. You should work a little bit harder.

You had ...

5. “I hid the money last month”, my father told the Police.

My father told the Police ...

6. Write the correct question for the underlined words.

.....?

Your father goes fishing twice a week.