



Habits and Obsessions

Task: Drinking Coffee

Activity 1: Listening

Welcome to a practice listening task for the GESE 9.

You are going to hear a talk about **drinking coffee**. You will hear the talk twice. The first time, just listen. Then I'll ask you to tell me generally what the speaker is talking about. Are you ready?

Audio Script

Coffee is a great comfort for many, rather it be to help wake up in the morning or taking a midday break and relaxing. It is one of the world's most popular drinks that can be found in all shapes and flavours. Do you know how coffee can affect your body when you consume it?

First and foremost, caffeine produces antioxidant properties. This keeps the brain cells healthy and in addition to that, it helps boost performance of neurotransmitters. Furthermore, it also helps reduce some risks, for instance in Alzheimer's and Parkinson's disease. Another aspect that should have been known by those that have diabetes, is that by drinking four to six cups of coffee a day, it can reduce diabetes by 30% to 35%. This includes drinking decaffeinated coffee. Also, many people wish that they could improve their memory. Well, by drinking coffee in the morning, it can make a person have better cognitive skills, making it easier for them to learn and retain more information. Moreover, adding a sugary snack with coffee is responsible for improving attention and memory skills. Last but not least, drinking one cup of coffee a day has the added benefit of reducing the risk of stroke, especially in women, which is hence the fourth leading cause of female death.

Whereas, there are certainly some downsides to drinking coffee. Firstly, those that are huge coffee drinkers could have produced excessive urine, and this can lead to a long term risk of loss of calcium, creating osteoporosis. This makes the bones less dense and more fragile. However, there is something that can be done to avoid this, and that is simple by adding two spoons of milk in the cup. What is more, caffeine is responsible for making blood sugar levels fluctuate, which may cause the drinkers to later choose something sweet or fatty to snack on. Also, drinking coffee can be a real pleasure to some, although it is not recommended to drink at night. That is to say, that by drinking coffee later in the day, it can help to cause a loss in sleep. Namely, caffeine needs to not be consumed six hours before sleep or it could affect the quality of sleep a person has. This could very well lead to insomnia. Not only could somebody lose their sleep due to caffeine, but also increase their alertness. This could trigger anxiety and nervousness in a person. On top of that, it isn't surprising to most that coffee can turn into an addiction. It could either lead to psychological issues or physical dependency, particularly in high dosages.

So to conclude, little did people realize that drinking coffee would be so risky. Notwithstanding, this would only be if people continued to drink coffee in an uncontrolled quantity. In other words, if we drink coffee in a balanced manner, without overindulging, we can take advantage of the benefits without entering into the risks.

Can you tell me in one or two sentences what the speaker was talking about?

Now listen to the talk again. This time make some notes as you listen, if you want to. Then I'll ask you to tell me about the pros and cons of drinking coffee.

Now tell me about the pros and cons of drinking coffee. You have one minute to talk.

This is the end of the listening task.

Answers:

<p>Pros of drinking coffee</p>	<ul style="list-style-type: none"> • Antioxidant properties; keeps brain cells healthy; boost performance of neurotransmitters • Linked to reduced risk to Alzheimer's and Parkinson's disease • Drinking between four to six cups of coffee a day could reduce 30% to 35% diabetes; including decaffeinated coffee • Better at cognitive task when starting with coffee in the morning; learn and retain more information with ease: coffee with a sugary snack: responsible for attention and memory • Drinking one cup of coffee a day, reduces stroke risk, especially for women
<p>Cons of drinking coffee</p>	<ul style="list-style-type: none"> • Loss of calcium; coffee drinkers through excessive urine; long-term increased risk through osteoporosis; less dense and more fragile bones • caffeine makes blood sugar levels can fluctuate, causing sugar cravings: choosing something sweet and fatty to snack on. • Sleep loss; six hours to leave body; can cause insomnia, especially in the elderly • Increase alertness can lead to anxiety and nervousness • Becomes an addiction; lead to psychological issues or physical dependency, particularly in high dosages

Marks: +_ / +10