**Listening and Speaking Practice:**  *Coffee Addicts*

**Level:** A1

**1.**

**Speaking Activity # 1**

**Audio Text:** *Coffee Addict (Part 1)*

**Vocabulary**

* **consume (v.)** [Spanish: consumir]
* **product (n.)** [Spanish: producto]
* **caffeine (n.)** [Spanish: cafeína]
* **chemical (n.)** [Spanish: químico]
* **pain reliever (n. ph.)** [Spanish: calmante]

**1.1. Listening Comprehension**

A. **General Comprehension**

**Directions:** Listen to the lecture for the first time and answer the following question.

**Question:** *What is the text about?*

**B.** **Specific Comprehension**

**Directions:** Listen again and answer the following specific questions.

**a)** According to the passage, what’s the ever-present product in our breakfast?

**b)** How many people living in U.S consume caffeine every day?

**c)** What plants does caffeine come from?

**d)** What common products we buy contain caffeine?

**1.2. Transcript** (Shadowing Exercise)

**Directions:** Under your teacher’s supervision, repeat each line of the audio text for pronunciation accuracy. Blended sounds and flap /t/ and /d/ examples have been marked for you.

*You have a cup of coffee for breakfast. Later in the day, you have a cola with your lunch. After work, you take some pain reliever for a headache. You may not know it, but each of these products contains caffeine. What is caffeine? Caffeine is a chemical found in coffee beans, tea leaves, cocoa beans, and other plants. Almost everyone consumes caffeine. Ninety percent of people living in U.S consume caffeine every day. Most people get caffeine from coffee, but others get it from tea, cola, chocolate, or even some medicines.*

**1.3. Speaking**

**Directions:** Answer the following questions in the form of a brief oral presentation. Feel free to add any other information.

**a)** Do you usually have coffee for breakfast? If so, how much coffee do you have?

**b)** Do you have cola with your meals?

**c)** Do you take medications containing caffeine?

**d)** How much caffeine do think you consume on a regular basis?

**e)** What other products containing caffeine do you consume regularly?

**2.**

**Speaking Activity # 2**

**Audio Text:** *Coffee Addict (Part 2)*

**Vocabulary**

* **effect (n.)** [Spanish: *efecto*]
* **enter (v.)** [Spanish: *entrar*]
* **beat (v.)** [Spanish: *latir*]
* **average amount (n. ph.)** [Spanish: *cantidad estándar o promedio*]
* **cause** (v.) [Spanish: causar]
* **research** (n.) [Spanish: *estudios, investigaciones*]
* **harmful** (adj.) [Spanish: *dañino*]
* **nervous** (adj.) [Spanish: *nervioso(a)]*
* **irritable** (n.) [Spanish: *irritable*]
* **upset stomach** (n. ph.) [Spanish: *malestar de estómago*]
* **label** (n.) [Spanish: *etiqueta*]
* **beverage** (n) [Spanish: *bevida*]

**2.1. Listening Comprehension**

**A. General Comprehension**

**Directions:** Listen for the first time and answer the following question. What is this part of the lecture about?

**A.** The reasons why people can’t live without consuming caffeine.

**B.** The effects of consuming caffeine.

**C.** How to read food labels to find out about caffeine amounts.

**B.** **Specific Comprehension**

**Directions:** Listen again and answer the following specific questions.

**a)** What are the effects of caffeine in our body?

**b)** Is caffeine harmful?

**c)** How much caffeine is safe for people to drink a day?

**d)** What can happen if we consume too much caffeine?

**2.2. Transcript** (Shadowing Exercise)

**Directions:** Under your teacher’s supervision, repeat each line for pronunciation accuracy. Blended sounds and Blended sounds and flap /t/ and /d/ examples have been marked for you.

*What are the effects of caffeine? Fifteen minutes after caffeine enters your body you start to feel changes: your heart beats faster, you may have more energy and feel more awake, you feel happier. These effects can last for several hours. When they go away you may feel a little tired and sad.*

*It’s caffeine bad for you? For most people, caffeine in average amounts does not cause health problems. Research shows that drinking two or three cups of coffee a day is not harmful. However, too much caffeine can be bad for our health. It can make you feel nervous and irritable. It may give you a headache or an upset stomach. If you consume caffeine too late in the day you may find it difficult to sleep at night. It’s a good idea to read the labels on medicines, foods, and beverages to find out if they contain caffeine.*

**2.3. Speaking**

**Directions:** Answer the following questions in the form of a brief oral presentation. Feel free to add any other information on the topic.

**a)** What are the effects of caffeine in your body? Does your heart beat faster? Do you may have more energy or feel more awake? Do you feel happier?

**b)** How do you feel when you don’t take coffee? Do you feel tired, sad, nervous, irritable?

**c)** How late do you consume caffeine? If so, do you find it difficult to sleep at night?

**d)** Do you consider you are “a coffee addict”?

**e)** Do you know anyone addicted to coffee? Tell us about it!

**f)** Do you ever read food labels? Why? Tell us about it!

3. **Homework**

**Directions:** Record each of the following sentences as an audio file and send it to your teacher so he/she can assess your job. Then, create your own ideas with each word. Keep in mind the word class of each word: verb, noun/noun phrase or adjective.

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* **product (n.)** [Spanish: producto]
* **chemical (n.)** [Spanish: químico]
* **effect (n.)** [Spanish: *efecto*]
* **beat (v.)** [Spanish: *latir*]
* **cause** **(v.)** [Spanish: causar]
* **research** (n.) [Spanish: *estudios, investigaciones*]
* **harmful** (adj.) [Spanish: *dañino*]
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