BBC LEARNING ENGLISH

6 Minute English worksheet
Are people drinking less alcohol?



Listen to the full episode here: https://bbc.in/4zokMh4

1. **Look at the cover image and title of the episode. What do you think this episode is about? What do you know about this topic already? What vocabulary do you associate with this topic?**

2. **Now listen to the first two minutes of the episode.**
   - What do the presenters say the episode is about?
   - What is this week's question? What do you think the answer is?

3. **Now listen to the whole episode. As you listen, write down the six items of vocabulary. What do they mean?**

a) Word/phrase: _____

It means: _____.

b) Word/phrase: _____

It means: _____.

c) Word/phrase: _____

It means: _____.

d) Word/phrase: _____

It means: _____.

e) Word/phrase: _____

It means: _____.

f) Word/phrase: _____

It means: _____.

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4. What did you learn that was surprising or new in this episode?

5. Answer the quiz questions. Listen again or use the transcript to help you.

1. What unusual thing does Neil discuss at the beginning of the programme?
   a) he hasn't had an alcoholic drink this year
   b) he hasn't eaten any chocolate this year
   c) he wants to give up alcohol in the new year

2. What do surveys suggest about the drinking habits of people in the UK?
   a) 16–24-year-olds are more likely to drink alcohol than older generations
   b) 16–24-year-olds are less likely to drink alcohol than older generations
   c) 16-24-year-olds are just as likely to drink alcohol as older generations

3. How does Daniel describe drinking alcohol at university and after work?
   a) the norm
   b) sober
   c) pushback

4. Which word describes someone who doesn't drink alcohol?
   a) the norm
   b) sober
   c) pushback

5. True or false? Everyone on social media talks about not drinking alcohol.
   a) true
   b) false
   c) not given

6. "Not drinking alcohol gets _____ as a way to get up at 5am and exercise."
   a) touted
   b) optimised
   c) pushed back

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6. Write your own sentences using the vocabulary.

7. Answer the following questions.

- What are three things you have learnt from this episode?
- How does this topic make you feel?
- Give three examples relevant to your life using the vocabulary.

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Answers

3.

a. sober – not drinking alcohol or taking recreational drugs

b. societal pressure – feeling that you should do something because lots of other people expect you to

c. the norm – the usual or common thing to do

d. self-optimisation content – videos, posts and other media about being fit, healthy and achieving big goals

e. tout – praise something or talk about it a lot to get others to try it

f. pushback – strong criticism of a trend; people doing the opposite of a trend

5. 1a, 2b, 3a, 4b, 5b, 6a

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Teacher's notes
This worksheet is standardised so that you can amend and use it as appropriate with your classes.

Some topics may be difficult for learners, especially those which could be upsetting or cause offence. Please be mindful of this when using this worksheet and adapt it as necessary.

Extension activities

- Role-play an interview with an 'interviewer' and an 'expert' on this topic.
- Write a short story or article using the vocabulary from this episode.
- Read original articles on this topic.
- For homework: If it is available in your country, download and listen to the original podcast these extracts were taken from.

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