

# Facts About Drinking

(CD 1 TRACK 16) ♦ [FULL TEXT 157]

## Introduction ✿

What is the legal drinking age in your state? Is underage drinking common in your community? Is drunk driving a problem where you come from? How much do you know about drinking? Talk about these questions and then try the dictation and decide if the statement is true or false.

**Dictation** ✿ Write the correct word or number in the blank space. Correct and discuss the dictation.

- \_\_\_ 1. Some people can drink a lot without \_\_\_\_\_ drunk.
- \_\_\_ 2. Approximately 40% of \_\_\_\_\_ highway accidents are \_\_\_\_\_.
- \_\_\_ 3. \_\_\_\_\_ will make you drunker than staying with one kind of alcohol.
- \_\_\_ 4. You can \_\_\_\_\_ with milk or food to slow down the rate of intoxication.
- \_\_\_ 5. The best way to \_\_\_\_\_ is to drink coffee and take a cold shower.
- \_\_\_ 6. \_\_\_\_\_ experts say that one out of every two Americans will \_\_\_\_\_ a drunk driver.
- \_\_\_ 7. A person \_\_\_\_\_ on alcohol.
- \_\_\_ 8. It is easy \_\_\_\_\_ an alcoholic.
- \_\_\_ 9. Drinking during pregnancy can affect the \_\_\_\_\_.
- \_\_\_ 10. Most alcoholics are \_\_\_\_\_ – \_\_\_\_\_ or older.
- \_\_\_ 11. Children of alcoholics are \_\_\_\_\_ to develop alcoholism.
- \_\_\_ 12. \_\_\_\_\_ is defined as five drinks \_\_\_\_\_ for men and \_\_\_\_\_ drinks within an hour for women.
- \_\_\_ 13. A \_\_\_\_\_ is someone who drinks four to five drinks every night.
- \_\_\_ 14. All drinkers are \_\_\_\_\_.
- \_\_\_ 15. \_\_\_\_\_ account for 25% of the alcohol consumed in the U. S.

**Discussion** ❁ *Discuss these questions with a partner. Share your ideas with the class.*

Charles Dixon was arrested for drunk driving last year in Boston. No accident happened but this was the second time the police had stopped him. His license was taken away for six months; he was fined \$1000 and ordered to attend an alcohol-education program. Do you think this punishment was fair? Why or why not?

What kind of punishment should these people get?

- A. a warning                      B. go to jail – how long?                      C. pay a fine – how much?  
D. take away the license – how long?                      E. attend an alcohol-education program

1. A woman was driving drunk. She was speeding and driving recklessly. No accident happened and this was her first offense. She was 19 years old.
2. A man, age 50, was driving drunk and hit another car. The people in that car were not seriously injured but had to go to the hospital by ambulance for examination.
3. A drunk woman, age 22, hit another car. The person in the other car died.



**Follow up** ❁ *The attitude toward drinking is different in every country. Write a paragraph about the attitude toward drinking in your culture.*

# Facts about Drinking

Partial Dictation ❁ page 33 (CD 1, track 16)

*Note to teachers:* The legal drinking age is 21 in all states.

1. Some people can drink a lot without ever getting drunk.

*Answer:* False. Depending on many factors, the reaction to alcohol among drinkers varies. However, people who drink large quantities of alcohol without showing much reaction have often built up a tolerance to it. This is a typical symptom of alcohol addiction. The brain is still affected; reaction times are still erratic, and judgment is impaired. For example, when a driver has been drinking, other cars may seem to be farther away than they actually are.

2. Approximately 40% of fatal highway accidents are alcohol related.

*Answer:* True.



3. **Switching drinks** will make you drunker than staying with one kind of alcohol.

*Answer:* False. Switching drinks can make you sick but not drunker. What causes an adverse reaction to alcohol is drinking too much, not the type of alcohol.

4. You can **coat the stomach** with milk or food to slow down the rate of intoxication.

*Answer:* True.

5. The best way to **sober up** is to drink coffee and take a cold shower.

*Answer:* False. If you drink coffee, you'll be awake but drunk. If you take a cold shower, you'll be clean but drunk. The best way is to sit and wait because the body metabolizes ½ ounce of pure alcohol an hour, and there is no way to speed up this process.

6. **Safety** experts say that one out of every two Americans will **be victimized by** a drunk driver.

*Answer:* True.

7. A person **can overdose** on alcohol.

*Answer:* True. There are about 1000 recorded alcohol overdose deaths a year; many are college students.

8. It is easy **to spot** an alcoholic.

*Answer:* False. Nearly 10% of the population has a drinking problem. Ten million people in the U.S. are dependent on alcohol; many hold responsible jobs and are raising families. 40% are college graduates. However, an alcoholic's life expectancy is shortened by 10-12 years.

9. Drinking during pregnancy can affect the **unborn child**.

*Answer:* True.

10. Most alcoholics are **middle-aged** or older.

*Answer:* False. The highest proportion of drinking problems occur with men in their early 20s. Among those age groups surveyed by the National Survey on Drug Abuse [ages 12 to 17, 18 to 25, and 26 and over], abuse was most prevalent among those 18-25.

11. Children of alcoholics are more likely to develop alcoholism.

*Answer:* True. Research indicates that sons have a one in three chance of developing alcoholism because, like diabetes, it is a genetic disease.

12. Binge drinking is defined as five drinks within an hour for men and four drinks within an hour for women.

*Answer:* True. Binge drinking on college campuses is most common in the freshman year – in the 18-25 age group.

13. A heavy drinker is someone who drinks four to five drinks every night.

*Answer:* True. *To the teacher:* Some students may dispute this because they come from cultures where drinking four to five drinks every night is common. In such cultures, alcoholism and heavy drinking are often common, although some individuals may be less affected by four to five drinks when heavy drinking is a regular habit over many years.

14. All drinkers are drug users.

*Answer:* True. Alcohol is defined as a drug by the American Medical Association [the AMA] and the World Health Organization. It is a central nervous system depressant.

15. Underage drinkers account for 25% of the alcohol consumed in the United States.

*Answer:* True.