**Understanding a text**

**A. Pre-reading task**

1. Look at the title of the text: **Healthy Drinking: The Health Benefits of Alcohol.** What do you think the text might be about? What do you already know about the subject? Discuss this with your partner.

**B. Skim reading**

1. Read the heading and sub-headings. These give you an overall summary of the article.

2. Read the first sentence of each paragraph to get the overall gist (meaning) of the text.

3. Highlight any words you don’t know. Discuss these with your partner and try and guess. Look the words up in the dictionary if neither of you know the meaning.

**C. Read the text fully**

Take part in the group reading of the text. Then answer the following questions.

1. How much is “drinking in moderation”?

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2. What happens to good cholesterol when you drink in moderation?

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3. What is the ‘French paradox’?

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4. Why is red wine particularly good?

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5. What is Dr Paul Williams’ view on the subject?

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**E. Summarising**

1. Using all the information you have gathered, write a paragraph to summarise the issue. Write no more than 100 words, so don’t include examples, quotes or explanations. Just include the facts.

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