

Drinking Water

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سلام و درود دوست من!

برای همه ما مثل روز روشن هست که آب برای ادامه حیات و فعالیتهای بدن مفید و ضروری هست. در فایل پیشرو من درباره فواید نوشیدن آب توضیحات مختصری به زبان ساده انگلیسی داده‌ام. بعد از خود فایل برای شما یکسری تمرین قرار داده‌ام که می‌توانید با انجام آنها به درک بهتری از متن برسید.

پیشنهاد من - نحوه استفاده از این پادکست

1. روخوانی متن انگلیسی
2. گوش دادن به فایل صوتی متن
3. چک کردن عبارات و کلمات جدید
4. انجام تمارین
5. تکرار این پادکست برای حداقل سه بار

امیدوارم دوست داشته باشید و به دیگران هم پیشنهاد کنید.

Drinking Water

Water is an important drink for everyone. We need it for everything, so we need to drink water every day. There is no fixed number of glasses to drink. Many people believe that they should drink 8 glasses every day. However, scientists have understood that this number of glasses is different for every person. The number of glasses that I drink every day is different from the number you drink. For example, I try to drink about 10 glasses every day, but you may drink 8 or maybe more than me. Water is important for the body. We feel healthy when we drink enough water during the day. I'm going to tell you about how drinking water is important and it can help us. I'm going to write about the benefits of drinking water.

The first thing that water helps us with is thinking. We know that most of our brain is made of water. There is a lot of water in our brain. When we do different activities during the day, we will lose water. If our brain loses water, it will have problems. It cannot think well. It cannot help us with our classes or other activities. So drink enough water to learn better.

The second thing is that water helps other parts of the body like kidneys. Every person has two kidneys. They are very important because they will separate good and bad things in our food. We need to drink enough water, so our kidneys can do their job perfectly. When we do not drink enough water, our kidneys will face many problems. One big problem is the kidney stone. It is very painful, but don't worry, drinking enough water can help us with this problem. If you drink enough water, you may never experience the pain.

Water has no calories. It can help us manage our body weight very well. People who are on diet and want to lose weight should use this benefit. They must drink water every day because it helps them to lose those unwanted kilograms faster. I think many doctors who help people to become thinner agree that water is an important item. If you want to lose weight, you have to drink water.

I'm sure you know more benefits of drinking water. If you want to drink enough water every day, I have one useful piece of advice for you. Carry a bottle of water with you. When water is near you, you are more likely to drink it. I tested it. It works.

Exercise one

Please listen to the podcast and fill the gaps.

Drinking Water

Water is an important drink for everyone. We need it for 1) _____, so we need to drink water every day. There is no fixed number of glasses to drink. Many people 2) _____ that they should drink 8 glasses every day. However, scientists have understood that this number of glasses is different for every person. The number of 3) _____ that I drink every day is different from the number you drink. For example, I try to drink about 10 glasses every day, but you may drink 8 or maybe more than me. Water is 4) _____ for the body. We feel healthy when we drink enough water during the day. I'm going to tell you about how drinking water is important and it can help us. I'm going to write about the 5) _____ of drinking water.

The first thing that water helps us with is thinking. We know that most of our 6) _____ is made of water. There is a lot of water in our brain. When we do different activities during the day, we will lose water. If our brain loses water, it will have 7) _____. It cannot think well. It cannot help us with our classes or other activities. So drink enough water to learn better.

The second thing is that water helps other parts of the body like 8) _____. Every person has two kidneys. They are very important because they will separate good and bad things in our food. We need to drink enough water, so our kidneys can do their job 9) _____. When we do not drink enough water, our kidneys will face many problems. One big problem is the kidney stone. It is very painful, but don't 10) _____, drinking enough water can help us with this problem. If you drink enough water, you may never experience the 11) _____.

Water has no calories. It can help us manage our body weight very well. People who are on diet and want to lose 12) _____ should use this benefit. They must drink water every day because it helps them to lose those unwanted kilograms faster. I think many 13) _____ who help people to become thinner agree that water is an important item. If you want to lose weight, you have to drink water.

I'm sure you know more benefits of 14) _____ water. If you want to drink enough water every day, I have one useful piece of advice for you. Carry a 15) _____ of water with you. When water is near you, you are more likely to drink it. I tested it. It works.

Exercise One

Check your answers.

Drinking Water

Water is an important drink for everyone. We need it for **1) everything**, so we need to drink water every day. There is no fixed number of glasses to drink. Many people **2) believe** that they should drink 8 glasses every day. However, scientists have understood that this number of glasses is different for every person. The number of **3) glasses** that I drink every day is different from the number you drink. For example, I try to drink about 10 glasses every day, but you may drink 8 or maybe more than me. Water is **4) important** for the body. We feel healthy when we drink enough water during the day. I'm going to tell you about how drinking water is important and it can help us. I'm going to write about the **5) benefits** of drinking water.

The first thing that water helps us with is thinking. We know that most of our **6) brain** is made of water. There is a lot of water in our brain. When we do different activities during the day, we will lose water. If our brain loses water, it will have **7) problems**. It cannot think well. It cannot help us with our classes or other activities. So drink enough water to learn better.

The second thing is that water helps other parts of the body like **8) kidneys**. Every person has two kidneys. They are very important because they will separate good and bad things in our food. We need to drink enough water, so our kidneys can do their job **9) perfectly**. When we do not drink enough water, our kidneys will face many problems. One big problem is the kidney stone. It is very painful, but don't **10) worry**, drinking enough water can help us with this problem. If you drink enough water, you may never experience the **11) pain**.

Water has no calories. It can help us manage our body weight very well. People who are on diet and want to lose **12) weight** should use this benefit. They must drink water every day because it helps them to lose those unwanted kilograms faster. I think many **13) doctors** who help people to become thinner agree that water is an important item. If you want to lose weight, you have to drink water.

I'm sure you know more benefits of **14) drinking** water. If you want to drink enough water every day, I have one useful piece of advice for you. Carry a **15) bottle** of water with you. When water is near you, you are more likely to drink it. I tested it. It works.

Exercise 2

Mark the sentences true or false.

1. Everyone has to drink eight glasses of water every day.
2. Water helps us feel healthy during the day.
3. Drinking enough water can make us smarter.
4. Different parts of our body need water to work correctly.
5. Drinking water is not helpful when we are on a diet.
6. People may drink more water if they can see it.

Check your answers.

Exercise 2

1. Everyone has to drink eight glasses of water every day.
False. It's different from person to person.
2. Water helps us feel healthy during the day.
True.
3. Drinking enough water can make us smarter.
True.
4. Different parts of our body need water to work correctly.
True.
5. Drinking water is not helpful when we are on a diet.
False. Water has no calories and it helps us lost weight.
6. People may drink more water if they can see it.
True.