

## Drinking water

**How often do you drink water?**

**What kinds of water do you like to drink?**

**Do you prefer bottled water or water from water machines?**

答案中的一些词汇：

weird 奇怪的

it's said that ... 据说...

it's best to ... 最好...

hit sth 达到...

every two hours 每两个小时

let me put it this way 我这么说吧

I'm crazy about ... 我非常喜欢...

work out v. 健身

physical exercise n. 运动

run on the treadmill 在跑步机上跑步

lift weights 举重、做器械训练

energy drink 能量饮料

make myself a cup of coffee 给自己做一杯咖啡

a big admirer of coffee 非常热爱咖啡的人

a pick-me-up 提神的东西

water fountain 饮水机