

**Describe something you do to keep you concentrated**

**You should say**

**What you do**

**How often you do it**

**When you started doing it**

**And explain why it helps you concentrate**

**what:** coffee, popular, world, China, more, friends and coworkers

**how often:** once, morning, maker, first, breakfast, after, jitters, anxious

**when:** three, winter, cold, Starbucks, Americano, bitter, special aroma

**why:** caffeine, awake, alert

becoming increasingly popular 越来越流行

in recent years 在最近一些年

my life revolves around ... 我的生活围绕着...转

drag myself out of bed 挣扎着起床

coffeemaker 咖啡机

coffee jitters 因咖啡引起的心悸

a cup of joe=a cup of coffee

in the middle of the winter 在冬天

freezing cold 非常冷的

Americano 美式咖啡

aroma 香味

fall/fell in love with ... 爱上...

caffeine 咖啡因

awake 醒着的

alert 警觉的

sleepy 困倦的

energetic 精力充沛的

part of the reason why ... 的原因之一

it tastes good 味道很好

bitter 苦的