

## **Islington Centre - 10 October 2022 - 2pm**

### **Reading passage (revise from last week)**

#### **Is it good for you to drink tea?**

Many studies have concluded that green tea is very good for health. Among other benefits it is said to help with losing weight, reducing the risks of many diseases, including cancer and diabetes and to improve brain function.

British people, however, often drink black tea and not green tea. It has been estimated that they drink about 100 million cups of tea a day.

Good news for those tea-drinkers is that a recent study by the US National Institutes of Health has found that people who drink tea (mainly black tea) regularly may have a lower risk of early death (mortality) than the abstainers. Drinking tea was particularly associated with reduced mortality from cardiovascular disease, in particular ischemic heart disease and stroke. That was regardless of the temperature at which they drink the tea and whether they put milk and sugar in their tea.

A note of caution: the research was described as “observational” and the lead researcher did not recommend that people change their tea-drinking habits on the basis of this research alone.

#### **Comprehension**

1. What are the possible benefits of green tea?
2. According to the new research, what are the possible benefits of drinking black tea?
3. Is the temperature at which the black tea is drunk relevant to its health benefits?
4. Are the “abstainers” referred to in this passage people who drink tea or do not drink tea?
5. Should people change their tea-drinking habits on the basis of the research referred to?

## Grammar - relative clauses - when can you leave out the relative pronoun (who/which/that)?

Sometimes, you can leave out the relative pronoun.

*I saw a friend who I knew from school.*

*I saw a friend I knew from school.*

*I have just eaten the chocolate that you bought me.*

*I have just eaten the chocolate you bought me.*

What are the rules?

Where the relative pronoun is the **subject** of the relative clause, you **cannot** leave it out - ie if the relative pronoun is followed by a verb you **cannot** leave it out.

Egs

*I saw the man **who** stole your bag.*

*This is the book **that** contains all the answers.*

“Who” and “that” are the subject - you cannot leave them out!

Where the relative pronoun is the object of the clause, as in the first two examples above, you can leave it out.

Sometimes, the relative pronoun can be dropped when it comes after the subject of the sentence eg

*The old chair that I loved has finally collapsed.*

*The old chair I loved has finally collapsed.*

*The cat that my mother gave me is now 20 years' old.*

*The cat my mother gave me is now 20 years' old.*

## Practice Exercise

Perfect English Grammar - Relative Clauses Exercise 2

Make a new sentence by joining the two short sentences. The sentence in italics should become the relative clause, and the relative pronoun is the object.

1. We ate the fruit. I bought the fruit.

\_\_\_\_\_ **We ate the fruit I bought.**

2. She bought the computer. *Her brother had recommended the computer.*

3. He lost the money. *I had given him the money.*

4. We called the taxi company. *Julie often uses the taxi company.*

5. John met a girl. *I used to employ the girl.*

6. Lucy called the doctor. *My mother knows the doctor.*

7. He brought a woman. *I used to often meet the woman.*

8. We employed the lawyer. *Julie recommended the lawyer.*

9. The fruit is on the table. *I bought the fruit.*

10. The wallet belongs to John. *Lucy found the wallet in the garden.*

11. The food was delicious. *David cooked the food.*

12. The car was stolen. *My father gave me the car.*

13. The man was arrested. *I reported the man to the police.*

14. The doctor was right. *Lucy asked the doctor about her problem.*

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15. The waitress was very pretty. *My brother dated the waitress.*

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16. The secretary is in the office. *The boss likes the secretary.*

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