

ISLINGTON CENTRE - 26 September (postponed to 3 October) 2022 2pm

Grammar topic: relative clauses - what are they and how do you use them?

Theme: health - drinking tea: reading passage/comprehension/vocabulary

Relative clauses

Relative clauses are used to join two sentences together and to give more information about something.

My neighbour has a son. Her son is a lawyer.

*My neighbour has a son **who** is a lawyer.*

The word “who” is a relative pronoun - it refers to and replaces the noun “son”.

“Who” is the subject of the clause “who is a lawyer”.

Other relative pronouns that can be the subject of a clause are **which** and **that**.

Relative clauses can be **defining** and **non-defining**.

A defining relative clause gives information which helps to make sense of the main clause.

*Liz Truss is the woman **who won the Conservative leadership election in 2022**.*

Without the relative clause the main clause makes no sense.

A non-defining relative clause gives extra information - but you don't need that information to understand the sentence.

*Yesterday evening I went to a concert, **which** I really enjoyed.*

*Yesterday evening I went to a concert, **which** was excellent.*

“Which I enjoyed” is extra information. “Which” in the first sentence is the object of the relative clause. Other relative pronouns used as the object of a clause are **who/whom** and **that**.

In the second example above, is **which** the subject or the object of the relative clause?

Practice exercise - perfect english grammar relative clauses 3

Reading passage

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 (for 10 October)

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?