

**The 7 Steps -**  
**June**



**1. CONTEXT**

Mindmap anything you know about the topic, including vocabulary. Do some research online to help.



Gatorade

**2. QUESTIONS**

Read the listening questions to check your understanding. Look up any new vocabulary.

**Listening Questions 1**

1. Where was Gatorade created?  
\_\_\_\_\_.
2. What problems did the football players have?  
\_\_\_\_\_.
3. What did the doctors find when they studied the players?  
\_\_\_\_\_.
4. What is Gatorade a mixture of?  
\_\_\_\_\_.
5. Why was the drink named Gatorade?  
\_\_\_\_\_.

**3. LISTEN**

Listen and answer the questions using full sentences. Circle the number of times and % you understood.

**Listening Questions 2**

1. In 2018, what was Gatorade's market share of the sports drink market in the US?  
\_\_\_\_\_.
2. When did PepsiCo acquire Gatorade?  
\_\_\_\_\_.
3. What sport is Gatorade the official sports drink of? When did this start?  
\_\_\_\_\_.
4. What is a "Gatorade shower"?  
\_\_\_\_\_.
5. What does the Gatorade Sports Science Institute do?  
\_\_\_\_\_.

Listening 1				
1	2	3	4	5
%	%	%	%	%

Listening 2				
1	2	3	4	5
%	%	%	%	%

**Discussion Questions**

1. What are the origins of some other famous products or companies?
2. What are some of the disadvantages of drinking sports drinks?

#### 4. CHECK ANSWERS

Read through the transcript and underline the answers. Check them against your own answers.

#### TRANSCRIPT 1

Gatorade may seem like a strange name for a sports drink, but it makes sense when you hear about its origin.

The drink was created at the University of Florida, where the sports teams are called the "Gators." In 1965, one of the assistant coaches of the football team asked a team of doctors at the school why so many of the players were being **affected** by heat and heat-related **illnesses** during summer practices. The university is in Gainesville, Florida, where summer temperatures are often over 90°F (or 32°C).

The doctors found the players were losing fluid and electrolytes through sweat and not replacing them. They also found that the players were **burning** through large amounts of carbohydrates and not **replenishing** them. The doctors created Gatorade with a balance of carbohydrates and electrolytes to "aid" the players.

#### 5. CHECK VOCABULARY

Read the transcript and circle any new vocabulary you find. Look them up and add them to your list.

#### MATCH THE SYNONYMS BY DRAWING LINES BELOW:

Affect	Ailment
Illness	Nourishment
Burn	Restock
Replenish	Powerful
Dominant	Influence
Nutrition	Combust

#### 6. READ ALOUD

Read the transcript aloud at least 5 times, focusing on intonation and pronunciation.

#### TRANSCRIPT 2

Over the years, Gatorade grew to become the **dominant** sports drink in the US with approximately 77% market share in 2018.

Gatorade has been the official sports drink of the NFL since 1983 and it has been owned by PepsiCo since 2001. In the NFL, there is an interesting tradition called a "Gatorade shower." When a team wins an important game, it is common for players from the winning team to sneak up behind their coach and dump a cooler full of Gatorade on him.

The Gatorade Sports Science Institute was established in 1985 and researchers there study the effects of exercise, environmental factors, and **nutrition** on the human body. The research helps Gatorade develop new products.

#### 7. SHADOWING

Say the transcript aloud at the same time as the audio without reading it. Circle how many times below.

1	2	3	4	5
1	2	3	4	5

1	2	3	4	5
1	2	3	4	5