

# One Month Alcohol-Free: Surprising Benefits Explored

## Description

Dry January started in 2013 by [Alcohol Change UK](#). Many people now join this challenge to stop drinking alcohol for January. In 2023, 175,000 people officially signed up, and many more may have joined without signing up.

Taking a break from alcohol can be good for health. Benefits happen quickly. One month without alcohol can lower liver fat, blood sugar, and cholesterol.

A study showed that more than half of people (56%) said their sleep improved during Dry January. They also felt more energetic and healthier. About 63% reported they saved money.

Dry January helps people feel in control of their drinking. Even if someone cannot go a whole month, not drinking for a shorter time can still help.

## Tips for Dry January

Joining the challenge with others can help you succeed. Avoid drinking by not keeping alcohol at home. You can also meet friends in places without alcohol.

Dry January is not for everyone. Some people may need extra help with drinking. However, it can be useful for many and bring many health benefits.

## Vocabulary List:

1. **Challenge** /'tʃæl.ɪndʒ/ (noun): A call to take part in a contest or competition.
2. **Alcohol** /'æl.kə.hɔ:l/ (noun): A chemical substance that is found in drinks such as beer and wine which can affect the mind and body.
3. **Benefits** /'ben.ɪfits/ (noun): Advantages or profits gained from something.
4. **Energetic** /,ɛn.ər'dʒet.ɪk/ (adjective): Showing or involving a lot of energy or enthusiasm.
5. **Control** /kən'trəʊl/ (verb): To exercise influence over; to direct.
6. **Savings** /'seɪ.vɪŋz/ (noun): Money that has been saved especially through a bank or official scheme.

## Comprehension Questions

## Multiple Choice

1. When did Dry January start?

- Option: 2012
- Option: 2013
- Option: 2014
- Option: 2015

2. How many people officially signed up for Dry January in 2023?

- Option: 100,000
- Option: 150,000
- Option: 175,000
- Option: 200,000

3. How many people reported that their sleep improved during Dry January?

- Option: 45%
- Option: 56%
- Option: 63%
- Option: 75%

4. What is one benefit of Dry January mentioned in the text?

- Option: Improved memory
- Option: Lowered blood pressure
- Option: Lowered liver fat
- Option: Increased anxiety

5. What percentage of people reported saving money during Dry January?

- Option: 55%
- Option: 60%
- Option: 63%
- Option: 70%

6. What is suggested to help succeed in Dry January?

- Option: Keeping alcohol at home
- Option: Drinking with friends
- Option: Joining the challenge with others
- Option: Avoiding sleep

### True-False

7. Many people join Dry January to stop drinking alcohol for the entire year.
8. Dry January can help people feel more energetic and healthier.
9. Not drinking for a shorter time period does not have any benefits.
10. Dry January started in 2014.
11. Avoiding places with alcohol can help in succeeding in Dry January.
12. Some people may need extra help with drinking, so Dry January is not suitable for them.

### Gap-Fill

13. Dry January helps people feel in control of their drinking. Even if someone cannot go a whole month, not drinking for a shorter time can still \_\_\_\_\_.
14. Benefits of Dry January can occur \_\_\_\_\_.
15. Joining the Dry January challenge with others can help you \_\_\_\_\_.
16. About 63% of people participating in Dry January reported they saved \_\_\_\_\_.
17. Some people may need extra help with \_\_\_\_\_.
18. Taking a break from alcohol can lower liver fat, blood sugar, and \_\_\_\_\_.

### Answer

**Multiple Choice:** 1. 2013 2. 175,000 3. 56% 4. Lowered liver fat 5. 63% 6. Joining the challenge with others

**True-False:** 7. False 8. True 9. False 10. False 11. True 12. False

**Gap-Fill:** 13. help 14. quickly 15. succeed 16. money 17. drinking 18. cholesterol

### Vocabulary quizzes

**Multiple Choice ( Select the Correct answer for each question. )**

1. What is a meteorite?

- Option: A type of comet
- Option: A piece of rock from space that has landed on Earth
- Option: A shooting star
- Option: An artificial satellite

2. What does the field of psychology study in relation to individuals?

- Option: Weather patterns
- Option: Animal habits
- Option: College tuition fees
- Option: Behavior and mental processes

3. What type of beverage is ethanol?

- Option: Milk
- Option: Water
- Option: Alcohol
- Option: Soda

4. What term is used to describe the change in position of an object over time?

- Option: Motion
- Option: Rest
- Option: Stasis
- Option: Inactivity

5. What is the average weather condition in a specific area over a long period of time?

- Option: Temperature
- Option: Season
- Option: Climate
- Option: Forecast

6. What is the natural process of becoming older?

- Option: Growing
- Option: Ageing
- Option: Youthening
- Option: Immortality

7. What is the probability of harm or damage?

- Option: Entropy
- Option: Safety
- Option: Risk

Option: Risk Diminishment

8. What is the organized provision of medical care to individuals or a community?

Option: Veterinary care

Option: Dental care

Option: Aesthetic care

Option: Healthcare

9. What are advantages or rewards from a particular action or situation?

Option: Obstacles

Option: Drawbacks

Option: Benefits

Option: Hindrances

10. Which term best describes someone who is full of energy and enthusiasm?

Option: Lethargic

Option: Energetic

Option: Apathetic

Option: Torpid

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. After the explosion the area was littered with \_\_\_\_\_.

12. \_\_\_\_\_ is a general term for a decline in mental ability severe enough to interfere with daily life.

13. The number of people living in a particular area is known as the \_\_\_\_\_.

14. The best part of the concert was definitely the \_\_\_\_\_ of the lead singer's vocal range.

15. It is important to have proper \_\_\_\_\_ of your emotions in stressful situations.

16. Putting aside some money each month is a good way to build up your \_\_\_\_\_.

17. Cow flatulence is a significant source of \_\_\_\_\_ emissions.

18. The data was thoroughly \_\_\_\_\_ by the research team.

19. The hikers found themselves \_\_\_\_\_ in the cave due to the sudden rockfall.

20. \_\_\_\_\_ are a major concern during hot and dry seasons in forested regions.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. The asteroid had a significant impact on the Earth's ecosystem millions of years ago.
22. The large hole in the ground was caused by a meteorite impact and is known as a crater.
23. The sudden appearance of the rare bird species in the city park was quite surprising to the birdwatchers.
24. Overcoming the obstacles in the mountain terrain proved to be a tough challenge for the climbers.
25. The sound of the mouse skittering across the attic floor startled the homeowner.
26. The biologist specialized in studying insect behavior in their natural habitats.
27. The team of researchers conducted experiments to test the new drug's efficacy.
28. Despite his fame he preferred to live an ordinary life away from the spotlight.
29. The chef's special dish was the highlight of the evening at the gourmet festival.
30. Scientists use isotopes to determine the age of ancient artifacts through radiocarbon dating.

## Answer

**Multiple Choice:** 1. A piece of rock from space that has landed on Earth 2. Behavior and mental processes 3. Alcohol 4. Motion 5. Climate 6. Ageing 7. Risk 8. Healthcare 9. Benefits 10. Energetic

**Gap-Fill:** 11. debris 12. Dementia 13. population 14. highlight 15. control 16. savings 17. methane 18. analyzed 19. trapped 20. Wildfires

**Matching sentence:** 1. Impact 2. Crater 3. Surprising 4. Challenge 5. Skittering 6. Naturalist 7. Researchers 8. Ordinary 9. Highlight 10. Isotopes

## CATEGORY

1. Health - LEVEL1

### Date Created

2025/01/11

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