



SODA 1

March 6, 2015

José Cruz: I had a friend once he um, it amazed when he told me this, but he told me that um, with with kind of like a face full of pride about the situation he said, “you know, long time ago when I was really bad I used to drink seven cokes a day.”

Alex Bodnar: Woah, seven cokes a day.

José: And he said, “But I’m much better now, I only drink one a day.” And just even that, you put it (mm-hmm) that into no perspective about going from seven down to one (mm-hmm) drinking a coke a day I thought about it and I go, holy crap I, I didn’t want to make the guy feel bad, but, you must be incredibly unhealthy inside because... (mm-hmm) I — **Geh**

Alex: How long ago was that?

José: Ah **gee** uh, he told me that story maybe about three years ago I don’t remember all the details to it, but I imagine it was something like ten years ago or something you know when he was really downing the coke he was a computer programmer (yeah) before and computer programmers have some of the **most unhealthiest** lifestyle habits. So that’s probably what was going on there

Alex: Uh yeah when I grew up I I often drank mm soft drinks, you know but it never got out of control I would say. I don’t know what the most was I would have drank in a day, you know - maybe maybe three, maybe four **pops** a day uh, at the most, but not every day, right?

José: I think when you’re a kid you can be forgiven for certain things, but when adults tell me that they drink pop a lot, I kind of wonder, are you sure that’s not a physical addiction? **Because** I I don’t know what drives adults to drink that much pop, you know?

Alex: Well there was a time when I had a taste for sweet drinks but uh, I said enough you know. I can’t remember the last time I had a coke or a soft drink.

José: Yeah yeah **same here** I was trying to think the other day when was the last time I had a coke, and I think it’s literally been years. I haven’t had a coke in like about two or three years, just because I know that they’re bad for me and when I do have one, like yeah ok, maybe for the first gulp it’s kind of an interesting sensation but, I think about what it can do to my insides and... wow. When I was a kid tho’ uh, my favourite wasn’t really

coke anyway, it was uh Orange Crush. Remember that?

Alex: Yeah yeah, Orange Crush, uh or cream soda, I like that sometimes SevenUp, Pepsi. I pr- always preferred Pepsi over Coke. (Really?) Yeah yeah.

José: You — do you think you could - you were able to tell the difference?

Alex: I think I was able to, yeah.

José: What didn't you like about coke that you liked more in Pepsi?

Alex: Uh, It's really hard to explain but uh I think I think there's just some difference in the taste maybe one is sharper than the other. Uh (hmm) may- maybe Pepsi has a sort of sharper taste or or mou-throat feel. I don't know what it was.

José: People say Pepsi is sweeter. Uh, I never drank a lot of colas, so I wouldn't know. They said that Pepsi is slightly sweeter. I don't know what do you think about that?

Alex: Huh, I'd have to uh drink both and compare again, because I can't remember

José: Haha right, yeah.

Word count	Time	Words/Min.
603	3:40	163.71

Pointers:

Geh: José makes this sound to really display his discomfort. This sound is also sometimes written as "brrr"

Most unhealthiest: José made a mistake. "Most" is unnecessary as unhealthiest is already a superlative.

Pop: Canadians often use "pop" to refer "soda".

Because: In spoken English, it is permissible to use "because" to begin a sentence.

Same here: means "I agree" (colloquial).

Discussion:

What's your favourite soft drink?

Do you eat or drink something regularly even tho' you know it's bad for you?

Are you careful about your health and what you eat and drink?

VOA ARTICLE: "AGGRESSION IN CHILDREN WHO DRINK LOTS OF SODA"

<http://bit.ly/11TUd3R>

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