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## Level 6

# Sugar could be harmful to our health

12th January, 2016

<http://www.breakingnewsenglish.com/1601/160112-sugar.html>

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**Please try Levels 4 and 5 (they are easier).**

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# THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1601/160112-sugar.html>

Governments in the United States and United Kingdom are waging a war on sugar in the interests of public health. Both countries claim that the overconsumption of sugar by much of the population is detrimental to people's well-being. On Thursday, the U.S. government issued new dietary guidelines that strongly recommend people receive less than 10 per cent of their daily calorie intake from added sugar. On the same day, British Prime Minister David Cameron said he has not ruled out the idea of a tax on sugar to encourage consumers to buy food with reduced levels of the sweet stuff. Politicians in the U.K. are debating how a reduction in the intake of sugar could help alleviate Britain's rising rates of obesity.

The American and British governments both cite a study conducted in Mexico that showed a tax on sugary, carbonated drinks led to a reduction in consumption. The tax was implemented on January 1, 2014 and purchases of the taxed beverages went down by 12 per cent by December of that year. Sales of mineral water increased by four per cent over the same period. An alternative to taxing sugared drinks is to reduce the level of sugar in them. Researchers at Queen Mary University in London say that reducing the sugar content in sugar-sweetened drinks by 40 per cent over five years could prevent one million cases of obesity in the U.K. Researchers say people might not even notice the changes.

Sources: <http://www.theatlantic.com/health/archive/2016/01/sugar-is-the-new-public-health-enemy-1/423207/>  
<http://www.sciencealert.com/gradually-reducing-sugar-in-sweet-drinks-could-prevent-1-million-cases-of-obesity-in-the-uk-study-finds>  
<http://www.ifpress.com/2016/01/08/Sugar-could-be-harmful-to-our-health>

# WARM-UPS

**1. SUGAR:** Students walk around the class and talk to other students about sugar. Change partners often and share your findings.

**2. CHAT:** In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

*war / sugar / public health / population / well-being / encourage / consumers / obesity / study / sugary / carbonated drinks / mineral water / one million / obesity / changes*

Have a chat about the topics you liked. Change topics and partners frequently.

**3. PUBLIC HEALTH:** How can we protect people from these health issues? Complete this table with your partner(s). Change partners often and share what you wrote.

	Potential damage to health	How to limit the problems
Sugar		
Fast food		
Cigarettes		
Pollution		
Global warming		
Poor sanitation		

**4. SUGAR TAX:** Students A **strongly** believe there should be a tax on goods that contain sugar; Students B **strongly** believe this would be silly. Change partners again and talk about your conversations.

**5. SUGARY:** Rank these with your partner. Put the worst at the top. Change partners often and share your rankings.

- carbonated drinks
- chocolate
- candy floss / cotton candy
- jam
- cereal
- ice cream
- donuts
- lollipops

**6. CALORIES:** Spend one minute writing down all of the different words you associate with the word "calories". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

# BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1601/160112-sugar.html>

**1. TRUE / FALSE:** Read the headline. Guess if a-h below are true (T) or false (F).

- |  |       |
|--|-------|
| a. Governments from two countries are fighting a war on sugar.           | T / F |
| b. Both countries say all citizens consume too much sugar.               | T / F |
| c. The USA said sugar makes up 10% of the average citizen's calories.    | T / F |
| d. Britain's leader has agreed to a tax on sugar.                        | T / F |
| e. A tax on sugary drinks in Mexico led to an increase in consumption.   | T / F |
| f. Sales of mineral water in Mexico increased by 4% in 2014.             | T / F |
| g. A London university recommends cutting the amount of sugar in drinks. | T / F |
| h. Researchers say people might not notice a reduction in sugar levels.  | T / F |

**2. SYNONYM MATCH:** Match the following synonyms from the article.

- |                |                    |
|----------------|--------------------|
| 1. waging      | a. substitute      |
| 2. claim       | b. reduce          |
| 3. detrimental | c. assert          |
| 4. recommend   | d. instances       |
| 5. alleviate   | e. quote           |
| 6. cite        | f. engaging in     |
| 7. implemented | g. amount          |
| 8. alternative | h. urge            |
| 9. content     | i. put into effect |
| 10. cases      | j. harmful         |

**3. PHRASE MATCH:** (Sometimes more than one choice is possible.)

- |   |                                   |
|---|-----------------------------------|
| 1. waging a war                         | a. well-being                     |
| 2. in the interests                     | b. sweetened drinks               |
| 3. detrimental to people's              | c. the same period                |
| 4. Cameron said he has not ruled        | d. rates of obesity               |
| 5. alleviate Britain's rising           | e. notice the changes             |
| 6. The tax was implemented              | f. cases of obesity               |
| 7. increased by four per cent over      | g. on sugar                       |
| 8. reducing the sugar content in sugar- | h. on January 1, 2014             |
| 9. prevent one million                  | i. of public health               |
| 10. people might not even               | j. out the idea of a tax on sugar |

# GAP FILL

From <http://www.BreakingNewsEnglish.com/1601/160112-sugar.html>

Governments in the United States and United Kingdom are (1) \_\_\_\_\_ a war on sugar in the interests of public health. Both countries claim that the overconsumption of sugar by much of the population is (2) \_\_\_\_\_ to people's well-being. On Thursday, the U.S. government issued new (3) \_\_\_\_\_ guidelines that strongly recommend people receive less than 10 per cent of their daily calorie (4) \_\_\_\_\_ from added sugar. On the same day, British Prime Minister David Cameron said he has not (5) \_\_\_\_\_ out the idea of a tax on sugar to encourage (6) \_\_\_\_\_ to buy food with reduced levels of the sweet (7) \_\_\_\_\_. Politicians in the U.K. are debating how a reduction in the intake of sugar could help alleviate Britain's rising rates of (8) \_\_\_\_\_.

*intake*  
*waging*  
*stuff*  
*dietary*  
*ruled*  
*obesity*  
*detrimental*  
*consumers*

The American and British governments both (9) \_\_\_\_\_ a study conducted in Mexico that showed a tax on (10) \_\_\_\_\_, carbonated drinks led to a (11) \_\_\_\_\_ in consumption. The tax was implemented on January 1, 2014 and purchases of the taxed (12) \_\_\_\_\_ went down by 12 per cent by December of that year. Sales of mineral water increased by four per cent over the same (13) \_\_\_\_\_. An alternative to taxing sugared drinks is to reduce the level of sugar in them. Researchers at Queen Mary University in London say that reducing the sugar (14) \_\_\_\_\_ in sugar-sweetened drinks by 40 per cent over five years could prevent one million (15) \_\_\_\_\_ of obesity in the U.K. Researchers say people might not even (16) \_\_\_\_\_ the changes.

*beverages*  
*cite*  
*content*  
*reduction*  
*notice*  
*sugary*  
*cases*  
*period*

# LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1601/160112-sugar.html>

- 1) Governments in the United States and United Kingdom are waging \_\_\_\_\_
  - a. a war in sugar
  - b. a war on sugar
  - c. a war of sugar
  - d. a war an sugar
- 2) the overconsumption of sugar by much of the population is detrimental to \_\_\_\_\_
  - a. people's wellness-being
  - b. people's good-being
  - c. people's better-being
  - d. people's well-being
- 3) British Prime Minister David Cameron said he has not ruled out the idea of \_\_\_\_\_
  - a. a tax in sugar
  - b. a tax on sugar
  - c. a tax of sugar
  - d. a tax an sugar
- 4) encourage consumers to buy food with reduced levels of \_\_\_\_\_
  - a. the sweets stuff
  - b. the sweetie stuff
  - c. the sweetness stuff
  - d. the sweet stuff
- 5) how a reduction in the intake of sugar could help alleviate Britain's rising \_\_\_\_\_
  - a. rates of obesity
  - b. rates of obese
  - c. rates of obesogenic
  - d. rates of oh bees
- 6) a tax on sugary, carbonated drinks led to a reduction \_\_\_\_\_
  - a. in contraption
  - b. in consumption
  - c. in condemnation
  - d. in condition
- 7) Sales of mineral water increased by four per cent over \_\_\_\_\_
  - a. the same periodical
  - b. the same periods
  - c. the same period
  - d. the same periodically
- 8) An alternative to taxing sugared drinks is to reduce the level \_\_\_\_\_
  - a. of sugar in these
  - b. of sugar on them
  - c. of sugar in those
  - d. of sugar in them
- 9) reducing the sugar content in sugar-sweetened drinks by 40 per cent \_\_\_\_\_
  - a. overly five years
  - b. over five years
  - c. under five years
  - d. underling five years
- 10) Researchers say people might not even \_\_\_\_\_
  - a. notice the change
  - b. notice the change is
  - c. notice the changeless
  - d. notice the changes

# LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1601/160112-sugar.html>

Governments in the United States and United Kingdom (1) \_\_\_\_\_ on sugar in the interests of public health. Both countries claim that the overconsumption (2) \_\_\_\_\_ of the population is detrimental to people's well-being. On Thursday, the U.S. government (3) \_\_\_\_\_ guidelines that strongly recommend people receive less than 10 per cent of their daily calorie intake from added sugar. On the same day, British Prime Minister David Cameron said he has (4) \_\_\_\_\_ idea of a tax on sugar to encourage consumers to buy food with reduced levels (5) \_\_\_\_\_. Politicians in the U.K. are debating how a reduction in the intake of sugar could help alleviate Britain's rising (6) \_\_\_\_\_.

The American and British governments (7) \_\_\_\_\_ conducted in Mexico that showed a tax on sugary, carbonated drinks led to a reduction in consumption. The tax (8) \_\_\_\_\_ on January 1, 2014 and purchases of the taxed beverages went down by 12 per cent by December of that year. Sales of mineral (9) \_\_\_\_\_ four per cent over the same period. An alternative to taxing sugared drinks (10) \_\_\_\_\_ level of sugar in them. Researchers at Queen Mary University in London say that reducing the sugar content in sugar-sweetened drinks by 40 per cent over five years (11) \_\_\_\_\_ million cases of obesity in the U.K. Researchers say people (12) \_\_\_\_\_ notice the changes.

# COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1601/160112-sugar.html>

1. What are the US and UK governments waging a war on?

---

2. What do governments say sugar is detrimental to?

---

3. What kind of guidelines did the US government issue?

---

4. What has the British leader not ruled out?

---

5. Who is debating a reduction in the levels of sugar people consume?

---

6. Which country reduced consumption of sugary drinks following a tax?

---

7. How much did sales of mineral water rise after a tax on sugary drinks?

---

8. What could be an alternative to taxing sugary drinks?

---

9. How many cases of obesity did researchers say could be prevented?

---

10. What did researchers say people might not notice?

---



# MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1601/160112-sugar.html>

1. What are the US and UK governments waging a war on?
  - a) tax
  - b) well-being
  - c) sugar
  - d) calories
2. What do governments say sugar is detrimental to?
  - a) people's well-being
  - b) calories
  - c) tax
  - d) diet
3. What kind of guidelines did the US government issue?
  - a) sensible ones
  - b) dietary guidelines
  - c) online guidelines
  - d) free guidelines
4. What has the British leader not ruled out?
  - a) forced diets
  - b) banning sugar
  - c) replacing sugar with sweeteners
  - d) a tax on sugar
5. Who is debating a reduction in the levels of sugar people consume?
  - a) the U.S. government
  - b) sugar company CEOs
  - c) British politicians
  - d) consumers
6. Which country reduced consumption of sugary drinks following a tax?
  - a) India
  - b) Mexico
  - c) the UK
  - d) the USA
7. How much did sales of mineral water rise after a tax on sugary drinks?
  - a) 10%
  - b) 8%
  - c) 6%
  - d) 4%
8. What could be an alternative to taxing sugary drinks?
  - a) education
  - b) reducing levels of sugar
  - c) sweeteners
  - d) honey
9. How many cases of obesity did researchers say could be prevented?
  - a) 896,622
  - b) one million
  - c) 100,000
  - d) a billion
10. What did researchers say people might not notice?
  - a) changes (in sugar levels)
  - b) a ban on sugar
  - c) a tax on sugar
  - d) sugar replaced by honey

# ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1601/160112-sugar.html>

## **Role A – Carbonated drinks**

You think carbonated drinks are the worst thing for your health. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the least harmful of these (and why): chocolate, cotton candy or lollipops.

## **Role B – Chocolate**

You think chocolate is the worst thing for your health. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the least harmful of these (and why): carbonated drinks, cotton candy or lollipops.

## **Role C – Cotton candy**

You think cotton candy is the worst thing for your health. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the least harmful of these (and why): chocolate, carbonated drinks or lollipops.

## **Role D – Lollipops**

You think lollipops are the worst thing for your health. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the least harmful of these (and why): chocolate, cotton candy or carbonated drinks.

# AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1601/160112-sugar.html>

**1. WORD SEARCH:** Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'public' and 'health'.

<b>public</b>	<b>health</b>
---------------	---------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

**2. ARTICLE QUESTIONS:** Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

**3. GAP FILL:** In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

**4. VOCABULARY:** Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

**5. TEST EACH OTHER:** Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none"><li>• war</li><li>• well</li><li>• less</li><li>• 10</li><li>• idea</li><li>• debating</li></ul>	<ul style="list-style-type: none"><li>• study</li><li>• January</li><li>• four</li><li>• alternative</li><li>• content</li><li>• notice</li></ul>
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# SUGAR SURVEY

From <http://www.BreakingNewsEnglish.com/1601/160112-sugar.html>

Write five GOOD questions about sugar in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

# SUGAR DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- 1) What did you think when you read the headline?
- 2) What springs to mind when you hear the word 'sugar'?
- 3) Is your sugar intake too high?
- 4) How healthy or unhealthy is sugar?
- 5) How important are carbonated drinks to you?
- 6) What can governments do to educate people about sugar?
- 7) Could you easily reduce your sugar intake?
- 8) Should parents stop giving babies sweet things?
- 9) What do you think of a sugar tax?
- 10) How can we reduce rates of obesity?

*Sugar could be harmful to our health – 12th January, 2016*  
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# SUGAR DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

- 11) Did you like reading this article? Why/not?
- 12) Why are carbonated drinks so popular?
- 13) Should governments put a health warning on sugary drinks?
- 14) How addictive do you think sugar is?
- 15) What's the difference between white and brown sugar?
- 16) What do you think of artificial sweeteners and other sugar substitutes?
- 17) Would you notice if there was less sugar in food?
- 18) How would food taste if sugar was completely banned?
- 19) Could you live without sugar or do you have a sweet tooth?
- 20) What would you like to ask the boss of a sugar company?

## **DISCUSSION (Write your own questions)**

STUDENT A's QUESTIONS (Do not show these to student B)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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## **DISCUSSION (Write your own questions)**

STUDENT B's QUESTIONS (Do not show these to student A)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# LANGUAGE - CLOZE

From <http://www.BreakingNewsEnglish.com/1601/160112-sugar.html>

Governments in the United States and United Kingdom are (1) \_\_\_\_ a war on sugar (2) \_\_\_\_ the interests of public health. Both countries claim that the overconsumption of sugar by much of the population is detrimental to people's (3) \_\_\_\_-being. On Thursday, the U.S. government issued new dietary guidelines that strongly (4) \_\_\_\_ people receive less than 10 per cent of their daily calorie intake from added sugar. On the same day, British Prime Minister David Cameron said he has not (5) \_\_\_\_ out the idea of a tax on sugar to encourage consumers to buy food with reduced levels of the sweet stuff. Politicians in the U.K. are debating how a reduction in the intake of sugar could help (6) \_\_\_\_ Britain's rising rates of obesity.

The American and British governments both (7) \_\_\_\_ a study conducted in Mexico that showed a tax on sugary, carbonated drinks led to a reduction (8) \_\_\_\_ consumption. The tax was implemented on January 1, 2014 and purchases of the taxed beverages (9) \_\_\_\_ down by 12 per cent by December of that year. Sales of mineral water increased by four per cent (10) \_\_\_\_ the same period. An alternative to taxing sugared drinks is to reduce the level of sugar in them. Researchers at Queen Mary University in London say that reducing the sugar (11) \_\_\_\_ in sugar-sweetened drinks by 40 per cent over five years could prevent one million (12) \_\_\_\_ of obesity in the U.K. Researchers say people might not even notice the changes.

## Put the correct words from the table below in the above article.

- |     |               |                    |                  |                  |
|-----|---------------|--------------------|------------------|------------------|
| 1.  | (a) raging    | (b) engaging       | (c) waging       | (d) purging      |
| 2.  | (a) in        | (b) of             | (c) by           | (d) at           |
| 3.  | (a) well      | (b) good           | (c) nice         | (d) healthy      |
| 4.  | (a) recommend | (b) recommendation | (c) recommends   | (d) recommending |
| 5.  | (a) leveled   | (b) ruled          | (c) erased       | (d) straightened |
| 6.  | (a) punish    | (b) direct         | (c) concur       | (d) alleviate    |
| 7.  | (a) sight     | (b) site           | (c) cite         | (d) sit          |
| 8.  | (a) at        | (b) by             | (c) on           | (d) in           |
| 9.  | (a) went      | (b) crashed        | (c) fell         | (d) hovered      |
| 10. | (a) around    | (b) over           | (c) about        | (d) up           |
| 11. | (a) index     | (b) content        | (c) bibliography | (d) title        |
| 12. | (a) boxes     | (b) bags           | (c) cases        | (d) files        |

# SPELLING

From <http://www.BreakingNewsEnglish.com/1601/160112-sugar.html>

## Paragraph 1

1. edttmrelain to people's well-being
2. new ritdyea guidelines
3. strongly eommedcnr people receive less
4. caenogure consumers to buy food
5. a rtniedocu in the intake of sugar
6. llviaeeta Britain's rising rates of obesity

## Paragraph 2

7. adotbcenar drinks
8. The tax was meneltpmied on January 1
9. purchases of the taxed agrveeesb
10. An eltavtriena to taxing sugared drinks
11. sugar-tseweende drinks
12. people might not even oneitc the changes



# PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1601/160112-sugar.html>

Number these lines in the correct order.

( )	content in sugar-sweetened drinks by 40 per cent over five years could prevent one million
( )	on sugary, carbonated drinks led to a reduction in consumption. The tax was implemented on January 1, 2014 and purchases
( )	Prime Minister David Cameron said he has not ruled out the idea of a tax on sugar to encourage consumers to buy
( )	to reduce the level of sugar in them. Researchers at Queen Mary University in London say that reducing the sugar
( )	to people's well-being. On Thursday, the U.S. government issued new dietary guidelines that strongly
( )	in the intake of sugar could help alleviate Britain's rising rates of obesity.
( <b>1</b> )	Governments in the United States and United Kingdom are waging a war on sugar in the interests of public
( )	recommend people receive less than 10 per cent of their daily calorie intake from added sugar. On the same day, British
( )	food with reduced levels of the sweet stuff. Politicians in the U.K. are debating how a reduction
( )	The American and British governments both cite a study conducted in Mexico that showed a tax
( )	by four per cent over the same period. An alternative to taxing sugared drinks is
( )	cases of obesity in the U.K. Researchers say people might not even notice the changes.
( )	of the taxed beverages went down by 12 per cent by December of that year. Sales of mineral water increased
( )	health. Both countries claim that the overconsumption of sugar by much of the population is detrimental

# PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1601/160112-sugar.html>

1. the in sugar on war a Waging health public of interests .

---

2. dietary new issued government US The guidelines .

---

3. said of he a has tax not on ruled sugar out the Cameron idea .

---

4. the with of stuff food levels sweet Buy reduced .

---

5. Britain's alleviate Help obesity of rates rising .

---

6. a to led drinks carbonated , sugary on tax A reduction .

---

7. the went 12% of beverages by Purchases taxed down .

---

8. 4% water Sales same increased of period over by mineral the .

---

9. alternative taxing drinks An to sugared .

---

10. the Researchers might notice people even changes say not .

---

# CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1601/160112-sugar.html>

Governments in the United States and United Kingdom are *waging / warring* a war on sugar *on / in* the interests of public health. Both countries claim that the overconsumption of sugar by much of the population is *detrimentally / detrimental* to people's well-being. On Thursday, the U.S. government *issued / issuance* new dietary guidelines that *strengthen / strongly* recommend people receive *fewer / less* than 10 per cent of their daily calorie intake from added sugar. *On / In* the same day, British Prime Minister David Cameron said he has not *ruled / rules* out the idea of a tax on sugar to encourage consumers to buy food with reduced levels of the sweet *stuff / staff*. Politicians in the U.K. are debating how a reduction in the intake of sugar could help alleviate Britain's rising *ratings / rates* of obesity.

The American and British governments both *sight / cite* a study conducted in Mexico that showed a tax *on / in* sugary, carbonated drinks led to a *reduction / reduce* in consumption. The tax was *complemented / implemented* on January 1, 2014 and purchases of the taxed beverages went down by 12 per cent by December of *that / then* year. Sales of mineral water increased by four per cent *under / over* the same period. An alternative to taxing sugared drinks is to reduce the level of sugar in *these / them*. Researchers at Queen Mary University in London say that reducing the sugar content in sugar-sweetened drinks *up / by* 40 per cent over five years could prevent one million *cases / bags* of obesity in the U.K. Researchers say people might not even *notice / noticing* the changes.

**Talk about the connection between each pair of words in italics, and why the correct word is correct.**

# INSERT THE VOWELS (a, e, i, o, u)

From <http://www.BreakingNewsEnglish.com/1601/160112-sugar.html>

G\_v\_rnm\_nts \_n th\_ \_n\_t\_d St\_t\_s \_nd \_n\_t\_d  
K\_ngd\_m\_r\_w\_g\_ng \_w\_r\_n\_s\_g\_r\_n th\_ \_nt\_r\_sts  
\_f\_p\_bl\_c\_h\_lth. B\_th\_c\_\_ntr\_\_s cl\_\_m th\_t th\_  
\_v\_rc\_ns\_mpt\_\_n \_f\_s\_g\_r by m\_ch \_f th\_ p\_p\_l\_t\_\_n  
\_s\_d\_tr\_m\_nt\_l\_t\_p\_\_pl\_'s w\_ll-b\_\_ng. \_n Th\_rsd\_y,  
th\_ \_S. g\_v\_rnm\_nt \_ss\_\_d n\_w\_d\_\_t\_ry g\_\_d\_l\_n\_s  
th\_t str\_ngly r\_c\_mm\_nd p\_\_pl\_r\_c\_\_v\_l\_ss th\_n 10  
p\_r\_c\_nt \_f th\_\_r\_d\_\_ly c\_l\_r\_\_ \_nt\_k\_ fr\_m \_dd\_d  
s\_g\_r. \_n th\_ s\_m\_\_d\_y, Br\_t\_sh Pr\_m\_\_M\_n\_st\_r  
D\_v\_d C\_m\_r\_n\_s\_\_d h\_h\_s\_n\_t\_r\_l\_d \_\_t th\_ d\_\_ \_f  
\_t\_x \_n\_s\_g\_r\_t\_\_nc\_\_r\_g\_c\_ns\_m\_rs\_t\_b\_y\_f\_\_d  
w\_th\_r\_d\_c\_d\_l\_v\_l\_s \_f th\_ sw\_\_t st\_ff. P\_l\_t\_c\_\_ns \_n  
th\_ \_K. \_r\_d\_b\_t\_ng h\_w \_r\_d\_ct\_\_n \_n th\_ \_nt\_k\_  
\_f\_s\_g\_r\_c\_\_ld h\_lp \_ll\_v\_\_t Br\_t\_\_n's r\_s\_ng r\_t\_s \_f  
\_b\_s\_ty.

Th\_ \_m\_r\_c\_n \_nd Br\_t\_sh g\_v\_rnm\_nts b\_th c\_t\_\_  
st\_dy c\_nd\_ct\_d \_n M\_x\_c\_ th\_t sh\_w\_d \_t\_x \_n  
s\_g\_ry, c\_rb\_n\_t\_d dr\_nks l\_d t\_\_ \_r\_d\_ct\_\_n \_n  
c\_ns\_mpt\_\_n. Th\_t\_x w\_s \_mpl\_m\_nt\_d \_n J\_n\_\_ry 1,  
2014 \_nd p\_rch\_s\_s \_f th\_t\_x\_d b\_v\_r\_g\_s w\_nt\_d\_wn  
by 12 p\_r\_c\_nt by D\_c\_mb\_r \_f th\_t\_y\_\_r. S\_l\_s \_f  
m\_n\_r\_l w\_t\_r \_ncr\_\_s\_d by f\_\_r p\_r\_c\_nt \_v\_r th\_  
s\_m\_p\_r\_\_d. \_n \_lt\_rn\_t\_v\_t\_t\_x\_ng s\_g\_r\_d dr\_nks  
\_s\_t\_r\_d\_c\_ th\_l\_v\_l \_f\_s\_g\_r \_n th\_m. R\_s\_\_rch\_rs  
\_t Q\_\_ \_n M\_ry \_n\_v\_rs\_ty \_n L\_nd\_n\_s\_y th\_t r\_d\_c\_ng  
th\_s\_g\_r\_c\_nt\_nt \_n\_s\_g\_r-sw\_\_t\_n\_d dr\_nks by 40 p\_r  
c\_nt \_v\_r f\_v\_y\_\_rs c\_\_ld pr\_v\_nt \_n\_m\_ll\_\_n c\_s\_s  
\_f \_b\_s\_ty \_n th\_ \_K. R\_s\_\_rch\_rs s\_y p\_\_pl\_m\_gh\_t  
n\_t\_v\_n\_n\_t\_c\_ th\_ ch\_ng\_s.

# PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1601/160112-sugar.html>

governments in the united states and united kingdom are waging a war on sugar in the interests of public health both countries claim that the overconsumption of sugar by much of the population is detrimental to people's well-being on thursday the us government issued new dietary guidelines that strongly recommend people receive less than 10 per cent of their daily calorie intake from added sugar on the same day british prime minister david cameron said he has not ruled out the idea of a tax on sugar to encourage consumers to buy food with reduced levels of the sweet stuff politicians in the uk are debating how a reduction in the intake of sugar could help alleviate britain's rising rates of obesity

the american and british governments both cite a study conducted in mexico that showed a tax on sugary carbonated drinks led to a reduction in consumption the tax was implemented on january 1 2014 and purchases of the taxed beverages went down by 12 per cent by december of that year sales of mineral water increased by four per cent over the same period an alternative to taxing sugared drinks is to reduce the level of sugar in them researchers at queen mary university in london say that reducing the sugar content in sugar-sweetened drinks by 40 per cent over five years could prevent one million cases of obesity in the uk researchers say people might not even notice the changes

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1601/160112-sugar.html>

Governments in the United States and United Kingdom are waging a war on sugar in the interests of public health. Both countries claim that the overconsumption of sugar by much of the population is detrimental to people's well-being. On Thursday, the U.S. government issued new dietary guidelines that strongly recommend people receive less than 10 percent of their daily calorie intake from added sugar. On the same day, British Prime Minister David Cameron said he has not ruled out the idea of a tax on sugar to encourage consumers to buy food with reduced levels of the sweet stuff. Politicians in the U.K. are debating how a reduction in the intake of sugar could help alleviate Britain's rising rates of obesity. The American and British governments both cite a study conducted in Mexico that showed a tax on sugary, carbonated drinks led to a reduction in consumption. The tax was implemented on January 1, 2014 and purchases of the taxed beverages went down by 12 percent by December of that year. Sales of mineral water increased by four percent over the same period. An alternative to taxing sugared drinks is to reduce the level of sugar in them. Researchers at Queen Mary University in London say that reducing the sugar content in sugar-sweetened drinks by 40 percent over five years could prevent one million cases of obesity in the U.K. Researchers say people might not even notice the changes.







# HOMework

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find out more about health and sugar. Share what you discover with your partner(s) in the next lesson.

**3. SUGAR:** Make a poster about sugar. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. SUGAR TAX:** Write a magazine article about a tax on sugar. Include imaginary interviews with people who are for and against it.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

**5. WHAT HAPPENED NEXT?** Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**6. LETTER:** Write a letter to an expert on sugar. Ask him/her three questions about sugar. Give him/her three of your ideas on how people can reduce their intake of sugar. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## TRUE / FALSE (p.4)

a T    b F    c F    d F    e F    f T    g T    h T

## SYNONYM MATCH (p.4)

- |                |                    |
|----------------|--------------------|
| 1. waging      | a. engaging in     |
| 2. claim       | b. assert          |
| 3. detrimental | c. harmful         |
| 4. recommend   | d. urge            |
| 5. alleviate   | e. reduce          |
| 6. cite        | f. quote           |
| 7. implemented | g. put into effect |
| 8. alternative | h. substitute      |
| 9. content     | i. amount          |
| 10. cases      | j. instances       |

## COMPREHENSION QUESTIONS (p.8)

1. Sugar
2. People's well-being
3. Dietary guidelines
4. A tax on sugar
5. British politicians
6. Mexico
7. 4%
8. Reducing levels of sugar
9. One million
10. Changes (in sugar levels)

## MULTIPLE CHOICE - QUIZ (p.9)

1. c    2. a    3. b    4. d    5. c    6. b    7. d    8. b    9. b    10. a

## ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.  
(It's good for your English ;-)