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Level 3 – 7th December, 2019

Sugar overdose warning for coffee chain festive drinks

FREE online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/1912/191207-sugar-overdose.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/1912/191207-sugar-overdose.html>

A health group has warned people to be careful about how much sugar is in their drinks when they go to coffee shops. Many cafes in the UK are adding extra sugar and syrup to their festive drinks in the run-up to Christmas. The health group is called Action on Sugar (AOS). It carried out research on how sweet hot drinks were in coffee chains around the country. It found that some lattes and hot chocolates contained as much as 23 spoons of sugar. It analysed over 200 different drinks. The researchers said they found "shockingly" high levels of sugar in many of the drinks. An AOS spokesperson said people with obesity, diabetes and other health conditions needed to check what they were drinking.

Action On Sugar analysed drinks from nine different coffee shop chains. It found the unhealthiest drink was the Starbucks "Venti" caramel hot chocolate. It contained 93.7g of sugar and 758 calories. AOS says it has as much sugar as three cans of Coca-Cola. A spokeswoman for Starbucks said: "We are committed to reducing sugar in all our beverages and since 2015 we've delivered a nine per cent reduction in the sugar content." Katharine Jenner, a director at AOS, said: "The hospitality industry has a key role to play in being transparent. It must help to reduce the amount of sugar we consume. Sugar is one of the biggest causes of obesity, type 2 diabetes and tooth decay."

Sources: <https://www.bbc.com/news/health-50628962>
<https://www.standard.co.uk/news/uk/high-street-coffee-chains-selling-festive-drinks-which-contain-up-to-23-spoonfuls-of-sugar-a4303391.html>
https://www.huffingtonpost.co.uk/entry/christmas-hot-drinks-sugar-content_uk_5de62d91e4b0d50f32a85008

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?

health / careful / sugar / drinks / syrup / festive / Christmas / coffee / obesity / check coffee shop / caramel / hot chocolate / Coca Cola / calories / diabetes / tooth decay

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

3. LIMIT: Students A **strongly** believe there should be a limit on the level of sugar in drinks ; Students B **strongly** believe there shouldn't. Change partners again and talk about your conversations.

4. CHAINS: What are your favourite chains? Why? Complete this table with your partner(s). Change partners often and share what you wrote.

	What?	Why?
Coffee shop		
Fast food		
Fashion		
Hotel		
Technology		
Ice cream		

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

6. DRINKS: Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- coffee
- tea
- orange juice
- milk
- water
- cola
- lassi
- hot chocolate

VOCABULARY MATCHING

Paragraph 1

- | | |
|----------------|--|
| 1. warned | a. The problem of being too fat or overweight. |
| 2. syrup | b. About a celebration or period of special holidays. |
| 3. festive | c. Have or hold someone or something inside. |
| 4. carried out | d. Tell someone about a possible danger, problem, or other unpleasant situation. |
| 5. contained | e. Looked at and checked something in detail to find out more about it. |
| 6. analysed | f. A thick, super- sweet liquid made by dissolving sugar in boiling water. |
| 7. obesity | g. Did; conducted. |

Paragraph 2

- | | |
|-----------------|---|
| 8. calories | h. A drink, especially one other than water. |
| 9. spokeswoman | i. Very, very important. |
| 10. committed | j. Holes in your teeth because of eating too much sweet food and not cleaning your teeth; slowly becoming bad and rotting away. |
| 11. beverages | k. A lady who makes statements for a country, business, group or person. |
| 12. key | l. Easy to see and understand; totally clear. |
| 13. transparent | m. Said you would definitely, definitely do something. |
| 14. decay | n. The amount of energy value in food. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/1912/191207-sugar-overdose.html>

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

- a. A coffee maker warned people to be careful about sugar in drinks. **T / F**
- b. Many cafes are putting extra syrup in their drinks. **T / F**
- c. A group found one drink with 23 spoons of sugar in it. **T / F**
- d. A health group said some drinks had shockingly high levels of sugar. **T / F**
- e. A health group said one Starbucks coffee contained over 1,000 calories. **T / F**
- f. A hot chocolate had as much sugar as three cans of Coca Cola. **T / F**
- g. A health group said the hospitality industry had a big responsibility. **T / F**
- h. The article said sugar is a big cause of type-1 diabetes. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|-----------------------|------------------|
| 1. warned | a. conducted |
| 2. extra | b. eat and drink |
| 3. carried out | c. problems |
| 4. contained | d. reasons |
| 5. conditions | e. cut |
| 6. analysed | f. advised |
| 7. beverages | g. had |
| 8. reduce | h. drinks |
| 9. consume | i. more |
| 10. causes | j. examined |

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

- | | |
|--------------------------------------|----------------------------|
| 1. A health group has warned | a. much as 23 spoons |
| 2. adding extra sugar | b. of sugar we consume |
| 3. hot chocolates contained as | c. other health conditions |
| 4. they found "shockingly" | d. causes of obesity |
| 5. people with obesity, diabetes and | e. and tooth decay |
| 6. as much sugar as | f. high levels of sugar |
| 7. We are committed | g. and syrup |
| 8. help to reduce the amount | h. people to be careful |
| 9. Sugar is one of the biggest | i. to reducing sugar |
| 10. type 2 diabetes | j. three cans of Coca-Cola |

GAP FILL

From <https://breakingnewsenglish.com/1912/191207-sugar-overdose.html>

A health group has (1) _____ people to be careful about how much sugar is in their (2) _____ when they go to coffee shops. Many cafes in the UK are (3) _____ extra sugar and syrup to their festive drinks in the run-up to Christmas. The health group is called Action on Sugar (AOS). It carried out (4) _____ on how sweet hot drinks were in coffee chains around the country. It found that some lattes and hot chocolates (5) _____ as much as 23 spoons of sugar. It analysed over 200 different drinks. The researchers said they found "shockingly" high (6) _____ of sugar in many of the drinks. An AOS spokesperson said people with (7) _____, diabetes and other health (8) _____ needed to check what they were drinking.

adding
contained
conditions
warned
obesity
research
drinks
levels

Action On Sugar analysed drinks from nine different coffee shop (9) _____. It found the unhealthiest drink was the Starbucks "Venti" caramel hot chocolate. It contained 93.7g of sugar and 758 calories. AOS says it has as (10) _____ sugar as three cans of Coca-Cola. A spokeswoman for Starbucks said: "We are committed to (11) _____ sugar in all our (12) _____ and since 2015 we've delivered a nine per cent reduction in the sugar (13) _____." Katharine Jenner, a director at AOS, said: "The hospitality (14) _____ has a key role to play in being transparent. It must help to reduce the amount of sugar we (15) _____. Sugar is one of the biggest causes of obesity, type 2 diabetes and tooth (16) _____."

industry
chains
decay
reducing
consume
content
much
beverages

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/1912/191207-sugar-overdose.html>

- 1) warned people to be careful about how much sugar _____ drinks
 - a. is in their
 - b. as in their
 - c. was on their
 - d. is on their
- 2) Many cafes in the UK are adding extra sugar and syrup to _____
 - a. their festivity drinks
 - b. their festival drinks
 - c. their festive drinks
 - d. their vest if drinks
- 3) It carried out research on how sweet hot drinks were in coffee _____ country
 - a. chairs around the
 - b. chains around the
 - c. chins around the
 - d. chimes around the
- 4) It found that some lattes and hot chocolates contained as much _____
 - a. as 22 spoons
 - b. as 24 spoons
 - c. as 23 spoons
 - d. as 21 spoons
- 5) 200 different drinks. The researchers said they found _____
 - a. "shockingly" highly levels
 - b. "shockingly" high levels
 - c. "shocking" high levels
 - d. "shockingly" highly levels
- 6) Starbucks "Venti" caramel hot chocolate. It contained 93.7g of sugar _____
 - a. and 758 calories
 - b. and 758 calorie
 - c. and 758 calorific
 - d. and 758 colours
- 7) Starbucks said: "We are committed to reducing sugar in _____ ..."
 - a. all our beaver ages
 - b. all our beverage is
 - c. all our beverage
 - d. all our beverages
- 8) The hospitality industry has a key role to play _____
 - a. in being transparent
 - b. in being transparency
 - c. in being trans-apparent
 - d. in being transplants
- 9) It must help to reduce the amount of _____
 - a. sugary we consume
 - b. sugars we consume
 - c. sugared we consume
 - d. sugar we consume
- 10) Sugar is one of the biggest causes of obesity, type 2 diabetes _____
 - a. and tooth decay
 - b. and tooth decal
 - c. and tooth decayed
 - d. and tooth decaled

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/1912/191207-sugar-overdose.html>

A health group has warned people to (1) _____ how much sugar is in their drinks when they go to coffee shops. Many cafes in the UK are (2) _____ and syrup to their festive drinks (3) _____ to Christmas. The health group is called Action on Sugar (AOS). It carried out research (4) _____ hot drinks were in coffee chains around the country. It found that some lattes and hot chocolates contained as much as 23 spoons of sugar. It analysed over 200 different drinks. The researchers said they (5) _____ levels of sugar in many of the drinks. An AOS spokesperson said people with obesity, diabetes and other (6) _____ to check what they were drinking.

Action On Sugar analysed (7) _____ different coffee shop chains. It found the unhealthiest drink was the Starbucks "Venti" caramel hot chocolate. It contained 93.7g of sugar and 758 calories. AOS says it has as much (8) _____ cans of Coca-Cola. A spokeswoman for Starbucks said: "We are committed to reducing sugar in (9) _____ and since 2015 we've delivered a nine per cent reduction in (10) _____." Katharine Jenner, a director at AOS, said: "The hospitality industry has (11) _____ to play in being transparent. It must help to reduce the amount of sugar we consume. Sugar is one of the biggest causes of obesity, type 2 diabetes (12) _____."

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/1912/191207-sugar-overdose.html>

1. What kind of group warned people about sugar?
2. What are cafes adding to drinks besides sugar?
3. What is the name of the group mentioned in the article?
4. How many spoons of sugar did one drink contain?
5. How many different drinks did the group analyse?
6. How many calories did a Starbucks hot chocolate contain?
7. By how much did Starbucks say they have reduced sugar since 2015?
8. Who is Katherine Jenner?
9. What industry did someone say has a key role to play?
10. What is sugar a cause of besides obesity and type 2 diabetes?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/1912/191207-sugar-overdose.html>

- 1) What kind of group warned people about sugar?
 - a) a caffeine group
 - b) a fast food restaurant
 - c) a health group
 - d) a doctor
- 2) What are cafes adding to drinks besides sugar?
 - a) syrup
 - b) chocolate
 - c) hazelnuts
 - d) gold
- 3) What is the name of the group mentioned in the article?
 - a) Drink Less Coffee
 - b) Action On Sugar
 - c) Stop Obesity Now!
 - d) Better Drinks Today
- 4) How many spoons of sugar did one drink contain?
 - a) 21
 - b) 24
 - c) 22
 - d) 23
- 5) How many different drinks did the group analyse?
 - a) exactly 200
 - b) just fewer than 200
 - c) over 200
 - d) around 200
- 6) How many calories did a Starbucks hot chocolate contain?
 - a) 578
 - b) 758
 - c) 937
 - d) 739
- 7) By how much did Starbucks say they have reduced sugar since 2015?
 - a) 0.9%
 - b) 19%
 - c) 90%
 - d) nine per cent
- 8) Who is Katherine Jenner?
 - a) a coffee shop owner
 - b) a director of Action On Sugar
 - c) head of Action On Obesity
 - d) a dentist
- 9) What industry did someone say has a key role to play?
 - a) the sugar industry
 - b) the hospitality industry
 - c) the syrup industry
 - d) the cake industry
- 10) What is sugar a cause of besides obesity and type 2 diabetes?
 - a) tooth decay
 - b) heart disease
 - c) skin problems
 - d) high blood pressure

ROLE PLAY

From <https://breakingnewsenglish.com/1912/191207-sugar-overdose.html>

Role A – Coffee

You think coffee is the best drink. Tell the others three reasons why. Tell them what is wrong with their drinks. Also, tell the others which is the worst of these (and why): tea, water or cola.

Role B – Tea

You think tea is the best drink. Tell the others three reasons why. Tell them what is wrong with their drinks. Also, tell the others which is the worst of these (and why): coffee, water or cola.

Role C – Water

You think water is the best drink. Tell the others three reasons why. Tell them what is wrong with their drinks. Also, tell the others which is the worst of these (and why): tea, coffee or cola.

Role D – Cola

You think cola is the best drink. Tell the others three reasons why. Tell them what is wrong with their drinks. Also, tell the others which is the worst of these (and why): tea, water or coffee.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/1912/191207-sugar-overdose.html>

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

coffee	sugar

- 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">• careful• syrup• carried• 23• shockingly• check	<ul style="list-style-type: none">• nine• 758• three• 2015• help• 2
---	--

SUGAR SURVEY

From <https://breakingnewsenglish.com/1912/191207-sugar-overdose.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 images are in your mind when you hear the word 'sugar'?
3. What do you think of sugar?
4. Why do we love sugar so much?
5. Can you live without sugar?
6. What is your favourite coffee-shop drink?
7. What do you think of Starbucks?
8. Why are the sugar levels 'shockingly' high?
9. Should coffee shops offer healthier drinks?
10. Should people be able to sue coffee shops for health problems?

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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. What do you think of when you hear the word 'drink'?
13. What do you think about what you read?
14. How healthy or unhealthy is sugar?
15. Would you like a Starbucks 'Venti' caramel hot chocolate?
16. Are sugary drinks or fruit juices better?
17. Have you ever had tooth decay?
18. How healthy are your teeth?
19. How can obese people be healthier?
20. What questions would you like to ask Action On Sugar?

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 <https://breakingnewsenglish.com/1912/191207-sugar-overdose.html>

A health group has (1) _____ people to be careful about how much sugar is in their drinks when they go to coffee shops. Many cafes in the UK are (2) _____ extra sugar and syrup to their festive drinks (3) _____ the run-up to Christmas. The health group is called Action on Sugar (AOS). It carried out research on how sweet hot drinks (4) _____ in coffee chains around the country. It found that some lattes and hot chocolates contained as much as 23 spoons (5) _____ sugar. It analysed over 200 different drinks. The researchers said they found "shockingly" high levels of sugar in many of the drinks. An AOS spokesperson said people with obesity, diabetes and other health conditions (6) _____ to check what they were drinking.

Action On Sugar analysed drinks from nine (7) _____ coffee shop chains. It found the unhealthiest drink was the Starbucks "Venti" caramel hot chocolate. It contained 93.7g of sugar and 758 calories. AOS says it has as (8) _____ sugar as three cans of Coca-Cola. A spokeswoman for Starbucks said: "We are committed to reducing sugar in all our (9) _____ and since 2015 we've delivered a nine per cent reduction in the sugar (10) _____." Katharine Jenner, a director at AOS, said: "The hospitality industry has a (11) _____ role to play in being transparent. It must help to reduce the amount of sugar we consume. Sugar is one of the biggest causes of obesity, type 2 diabetes and tooth (12) _____."

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

- | | | | | |
|-----|---------------|------------------|----------------|--------------|
| 1. | (a) warmed | (b) waned | (c) warned | (d) weaned |
| 2. | (a) adding | (b) addition | (c) added | (d) add |
| 3. | (a) in | (b) at | (c) of | (d) by |
| 4. | (a) were | (b) as | (c) have | (d) do |
| 5. | (a) all | (b) on | (c) at | (d) of |
| 6. | (a) needs | (b) needy | (c) necessary | (d) needed |
| 7. | (a) different | (b) differential | (c) difference | (d) differed |
| 8. | (a) many | (b) more | (c) most | (d) much |
| 9. | (a) beverages | (b) averages | (c) outages | (d) outrages |
| 10. | (a) contain | (b) content | (c) cement | (d) comment |
| 11. | (a) padlock | (b) key | (c) lock | (d) solution |
| 12. | (a) decay | (b) rotten | (c) spoil | (d) collapse |

SPELLING

From <https://breakingnewsenglish.com/1912/191207-sugar-overdose.html>

Paragraph 1

1. extra sugar and sryup
2. ieetvsf drinks
3. It yeldaasn over 200 different drinks
4. iolyknsqch high levels
5. people with ytsopei
6. tibseead and other health conditions

Paragraph 2

7. 758 eoairlcs
8. a nine per cent trondcieu
9. The hospitality rnytsiud
10. being srnaettnpa
11. the amount of sugar we enscuom
12. tooth yadec

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/1912/191207-sugar-overdose.html>

Number these lines in the correct order.

- () up to Christmas. The health group is called Action on Sugar (AOS). It carried out
- () go to coffee shops. Many cafes in the UK are adding extra sugar and syrup to their festive drinks in the run-
- () content." Katharine Jenner, a director at AOS, said: "The hospitality industry has a key role to
- () Action On Sugar analysed drinks from nine different coffee shop chains. It found the unhealthiest drink
- () said they found "shockingly" high levels of sugar in many of the drinks. An AOS spokesperson said people with
- () much sugar as three cans of Coca-Cola. A spokeswoman for Starbucks said: "We are committed to reducing
- (**1**) A health group has warned people to be careful about how much sugar is in their drinks when they
- () sugar in all our beverages and since 2015 we've delivered a nine per cent reduction in the sugar
- () was the Starbucks "Venti" caramel hot chocolate. It contained 93.7g of sugar and 758 calories. AOS says it has as
- () chocolates contained as much as 23 spoons of sugar. It analysed over 200 different drinks. The researchers
- () obesity, diabetes and other health conditions needed to check what they were drinking.
- () play in being transparent. It must help to reduce the amount of sugar we consume. Sugar
- () is one of the biggest causes of obesity, type 2 diabetes and tooth decay."
- () research on how sweet hot drinks were in coffee chains around the country. It found that some lattes and hot

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/1912/191207-sugar-overdose.html>

1. be warned health group people careful . to A
2. sugar . Cafes adding in UK are the extra
3. drinks how on hot Research were . sweet
4. much chocolates as spoons . Hot 23 as contained
5. sugar . They found high shockingly levels of
6. coffee shop nine chains . Analysed different drinks from
7. Coca-Cola . sugar cans three much As of as
8. Committed sugar in our to all reducing beverages .
9. The role . key hospitality has industry a
10. the must amount help It reduce of sugar .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/1912/191207-sugar-overdose.html>

A *health / healthy* group has warned people to be careful about how much sugar is *on / in* their drinks when they go to coffee shops. Many cafes in the UK are *adding / addition* extra sugar and syrup to their festive drinks in the *leg-up / run-up* to Christmas. The health group is called Action on Sugar (AOS). It carried out research on how *sweetie / sweet* hot drinks were in coffee chains around the country. It found that some *slats / lattes* and hot chocolates contained as much as 23 spoons of sugar. It analysed over 200 *different / difference* drinks. The researchers said they found "shockingly" high levels of *sugar / sugary* in many of the drinks. An AOS spokesperson said people with obesity, *diabetes / diabetics* and other health conditions needed to check what they were *drunk / drinking*.

Action On Sugar *analysis / analysed* drinks from nine different coffee shop chains. It found the unhealthiest drink was the Starbucks "Venti" caramel hot chocolate. It *contained / contents* 93.7g of sugar and 758 calories. AOS says it has as *much / many* sugar as three cans of Coca-Cola. A spokeswoman for Starbucks said: "We are committed *of / to* reducing sugar in all our beverages and *for / since* 2015 we've delivered a nine per cent *induction / reduction* in the sugar content." Katharine Jenner, a director *by / at* AOS, said: "The hospitality industry has a *key / padlock* role to play in being transparent. It must help to reduce the amount of sugar we *resume / consume*. Sugar is one of the biggest causes of obesity, type 2 diabetes and tooth *decal / decay*."

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 <https://breakingnewsenglish.com/1912/191207-sugar-overdose.html>

A h__ l t h g r__ p h_s w_r n_d p__ p l_ t_ b_
c_r_f_l _b__ t h_w m_ch s_g_r _s _n th__ r dr_n
k_s w h_n t h_y g_ t_ c_ff__ s h_p s. M_n y
c_f_s _n th_ U K _r__ d d_n g _x t_r_ s_g_r _n d s y
r_p t_ th__ r f_s t_v_ dr_n k_s _n th_ r_n -p t_
C h_r_s t m_s. Th_ h__ l t h g r__ p _s c_l l_d A c
t__ n _n S_g_r (A O S). It c_r r__ d __ t r_s__ r
c h _n h_w s w__ t h_t dr_n k_s w_r _n c_ff__
c h__ n s _r__ n d th_ c__ n t r y. It f__ n d th_t
s_m_ l_t t_s _n d h_t c h_c_l_t_s c_n t__ n_d _s
m_c h _s 2 3 s p__ n s _f s_g_r. It _n_l y s_d
_v_r 2 0 0 d_f f_r_n t dr_n k_s. Th_ r_s__ r c h_r s
s__ d th_y f__ n d "s h_c k_n g l y" h_g h l_v_l s
_f s_g_r _n m_n y _f th_ dr_n k_s. A n A O S s
p_k_s p_r s_n s__ d p__ p l_ w_t h _b_s_t y, d__
b_t_s _n d _t h_r h__ l t h c_n d_t__ n s n__ d_d t_
c h_c k w h_t th_y w_r_ dr_n k_n g.

A c t__ n O n S_g_r _n_l y s_d dr_n k_s fr_m n_n_
d_f f_r_n t c_ff__ s h_p c h__ n s. It f__ n d th_
_n h__ l t h__ s t dr_n k w_s th_ S t_r b_c k_s "V_n
t_" c_r_m_l h_t c h_c_l_t_. It c_n t__ n_d 9 3 . 7
g _f s_g_r _n d 7 5 8 c_l_r__ s. A O S s_y s _t
h_s _s m_c h s_g_r _s t h_r__ c_n s _f C_c_- C_l_.
A s p_k_s w_m_n _f_r S t_r b_c k_s s__ d: "W__ r_
c_m m_t t_d t_ r_d_c_n g s_g_r _n _l l __ r
b_v_r_g_s _n d s_n c_ 2 0 1 5 w_' v_ d_l_v_r_d _
n_n_ p_r c_n t r_d_c t__ n _n th_ s_g_r c_n t_n t.
" K_t h_r_n_ J_n n_r, _ d_r_c t_r _t A O S, s__ d:
"Th_ h_s p_t_l_t y _n d_s t r y h_s _ k_y r_l_ t_ p
l_y _n b__ n g t r_n s p_r_n t. It m_s t h_l p t_
r_d_c_ th_ _m__ n t _f s_g_r w_ c_n s_m_. S_g_r _s
_n _f th_ b_g g_s t c__ s_s _f _b_s_t y, t y p_ 2
d__ b_t_s _n d t__ th_ d_c_y."

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/1912/191207-sugar-overdose.html>

a health group has warned people to be careful about how much sugar is in their drinks when they go to coffee shops many cafes in the uk are adding extra sugar and syrup to their festive drinks in the runup to christmas the health group is called action on sugar aos it carried out research on how sweet hot drinks were in coffee chains around the country it found that some lattes and hot chocolates contained as much as 23 spoons of sugar it analysed over 200 different drinks the researchers said they found shockingly high levels of sugar in many of the drinks an aos spokesperson said people with obesity diabetes and other health conditions needed to check what they were drinking

action on sugar analysed drinks from nine different coffee shop chains it found the unhealthiest drink was the starbucks venti caramel hot chocolate it contained 937g of sugar and 758 calories aos says it has as much sugar as three cans of coca cola a spokeswoman for starbucks said we are committed to reducing sugar in all our beverages and since 2015 weve delivered a nine per cent reduction in the sugar content katharine jenner a director at aos said the hospitality industry has a key role to play in being transparent it must help to reduce the amount of sugar we consume sugar is one of the biggest causes of obesity type 2 diabetes and tooth decay

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1912/191207-sugar-overdose.html>

A health group has warned people to be careful about how much sugar is in their drinks when they go to coffee shops. Many cafes in the UK are adding extra sugar and syrup to their festive drinks in the run-up to Christmas. The health group is called Action on Sugar (AOS). It carried out research on how sweet hot drinks were in coffee chains around the country. It found that some lattes and hot chocolates contained as much as 23 spoonfuls of sugar. It analysed over 200 different drinks. The researchers said they found "shockingly" high levels of sugar in many of the drinks. An AOS spokesperson said people with obesity, diabetes and other health conditions needed to check what they were drinking. Action on Sugar analysed drinks from 11 different coffee shop chains. It found the unhealthiest drink was the Starbucks "Venti" caramel hot chocolate. It contained 93.7g of sugar and 758 calories. AOS says it has as much sugar as three cans of Coca-Cola. A spokesperson for Starbucks said: "We are committed to reducing sugar in all our beverages and since 2015 we've delivered a nine per cent reduction in the sugar content." Katharine Jenner, a director at AOS, said: "The hospitality industry has a key role to play in being transparent. It must help to reduce the amount of sugar we consume. Sugar is one of the biggest causes of obesity, type 2 diabetes and tooth decay."

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 this news story. 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. LEGAL LIMIT: Write a magazine article about there being a legal limit on the amount of sugar in drinks. Include imaginary interviews with people who are for and against this.

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 it. Give him/her three of your ideas on how we can reduce sugar. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. d 2. f 3. b 4. g 5. c 6. e 7. a
8. n 9. k 10. m 11. h 12. i 13. l 14. j

TRUE / FALSE (p.5)

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

SYNONYM MATCH (p.5)

1. f	2. i	3. a	4. g	5. c
6. j	7. h	8. e	9. b	10. d

COMPREHENSION QUESTIONS (p.9)

1. A health group
2. Syrup
3. Action On Sugar
4. 23
5. Over 200
6. 758
7. Nine per cent
8. A director of Action On Sugar
9. The hospitality industry
10. Tooth decay

WORDS IN THE RIGHT ORDER (p.20)

1. A health group warned people to be careful.
2. Cafes in the UK are adding extra sugar.
3. Research on how sweet hot drinks were.
4. Hot chocolates contained as much as 23 spoons.
5. They found shockingly high levels of sugar.
6. Analysed drinks from nine different coffee shop chains.
7. As much sugar as three cans of Coca-Cola.
8. Committed to reducing sugar in all our beverages.
9. The hospitality industry has a key role.
10. It must help reduce the amount of sugar.

MULTIPLE CHOICE - QUIZ (p.10)

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 ;-)