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**Level 0 – 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-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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# THE READING

From <https://breakingnewsenglish.com/1912/191207-sugar-overdose-0.html>

A health group warned about sugar in coffee shop drinks. Many cafes are adding extra sugar to drinks before Christmas. Action on Sugar (AOS) researched over 200 hot drinks. It said some drinks had 23 spoons of sugar. It said people with obesity, diabetes and other health problems should check what they are drinking.

Action On Sugar went to nine cafe chains. The unhealthiest drink was a Starbucks hot chocolate, with 93.7g of sugar and 758 calories - the same as three cans of Coke. Starbucks said it is reducing sugar in all its drinks. AOS said coffee chains should use less sugar. It is a big cause 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](https://www.huffingtonpost.co.uk/entry/christmas-hot-drinks-sugar-content_uk_5de62d91e4b0d50f32a85008)

# PHRASE MATCHING

From <https://breakingnewsenglish.com/1912/191207-sugar-overdose-0.html>

## PARAGRAPH ONE:

- |                           |                    |
|---------------------------|--------------------|
| 1. A health group warned  | a. obesity         |
| 2. coffee                 | b. sugar to drinks |
| 3. cafes are adding extra | c. are drinking    |
| 4. over 200 hot           | d. of sugar        |
| 5. 23 spoons              | e. problems        |
| 6. people with            | f. about sugar     |
| 7. health                 | g. shop drinks     |
| 8. check what they        | h. drinks          |

## PARAGRAPH TWO:

- |                       |                 |
|-----------------------|-----------------|
| 1. The unhealthiest   | a. of obesity   |
| 2. a Starbucks hot    | b. cans of Coke |
| 3. 93.7g of sugar and | c. decay        |
| 4. the same as three  | d. drink        |
| 5. use less           | e. 2 diabetes   |
| 6. It is a big cause  | f. 758 calories |
| 7. type               | g. sugar        |
| 8. tooth              | h. chocolate    |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1912/191207-sugar-overdose-0.html>

A health group (1) \_\_\_\_\_ in coffee shop drinks.

Many (2) \_\_\_\_\_ extra sugar to drinks before

Christmas. Action on Sugar (AOS) (3) \_\_\_\_\_ hot

drinks. It said (4) \_\_\_\_\_ 23 spoons of sugar. It

said people with (5) \_\_\_\_\_ other health problems

should check what (6) \_\_\_\_\_.

Action On Sugar (7) \_\_\_\_\_ cafe chains. The

(8) \_\_\_\_\_ a Starbucks hot chocolate, with 93.7g

of sugar and 758 calories - the (9) \_\_\_\_\_ cans of

Coke. Starbucks said it (10) \_\_\_\_\_ in all its

drinks. AOS said coffee chains should (11) \_\_\_\_\_.

It is a big cause of obesity, type 2 diabetes

(12) \_\_\_\_\_.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1912/191207-sugar-overdose-0.html>

Ahealthgroupwarnedaboutsugarincoffeeshopdrinks.Manycafesar  
eaddingextrasugartodrinksbeforeChristmas.ActiononSugar(AOS)r  
esearchedover200hotdrinks.Itsaidsomedrinkshad23spoonsofsugar  
.Itsaidpeoplewithobesity,diabetesandotherhealthproblemsshouldc  
heckwhattheyaredrinking.ActionOnSugarwenttoninecafechains.Th  
eunhealthiestdrinkwasaStarbucksshotchocolate,with93.7gofsugara  
nd758calories-thesameasthreecansofCoke.Starbucksaiditisredu  
cing sugarinallitsdrinks.AOSSaidcoffeeshainsshoulduseless sugar.Iti  
sabigcauseofobesity,type2diabetesandtoothdecay.

# SUGAR SURVEY

From <https://breakingnewsenglish.com/1912/191207-sugar-overdose-4.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.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

*Sugar overdose warning for coffee chain festive drinks – 7th December, 2019*  
More free lessons at [breakingnewsenglish.com](http://breakingnewsenglish.com)

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## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

# WRITING

From <https://breakingnewsenglish.com/1912/191207-sugar-overdose-0.html>

Write about **sugar** for 10 minutes. Read and talk about your partner's paper.

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