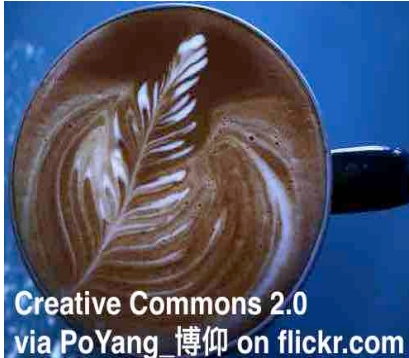


Sugar overdose warning for coffee chain festive drinks

7th December, 2019



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: bbc.com / standard.co.uk / huffingtonpsot.co.uk

Writing

There should be a maximum amount of sugar in any drink. Discuss.

Chat

Talk about these words from the article.

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

True / False

- 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

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 |

Discussion – Student A

- a) What do you think about what you read?
- b) How healthy or unhealthy is sugar?
- c) Would you like a Starbucks 'Venti' caramel hot chocolate?
- d) Are sugary drinks or fruit juices better?
- e) Have you ever had tooth decay?
- f) How healthy are your teeth?
- g) How can obese people be healthier?
- h) What questions would you like to ask Action On Sugar?

Phrase Match

- | | |
|--------------------------------------|----------------------------|
| 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 |

Discussion – Student B

- What do you think of sugar?
- Why do we love sugar so much?
- Can you live without sugar?
- What is your favourite coffee-shop drink?
- What do you think of Starbucks?
- Why are the sugar levels 'shockingly' high?
- Should coffee shops offer healthier drinks?
- Should people be able to sue coffee shops for health problems?

Spelling

- extra sugar and sryup
- ieetvsf drinks
- It yeldaasn over 200 different drinks
- iolyknsgch high levels
- people with ytsobei
- tibseead and other health conditions
- 758 eoairlcs
- a nine per cent trondcieu
- The hospitality rnytsiud
- being srrnaettnpa
- the amount of sugar we enscuom
- tooth yadec

Answers – Synonym Match

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

Role Play

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.

Speaking – Drinks

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

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

Answers – True False

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

Answers to Phrase Match and Spelling are in the text.