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Level 0 – 1st November, 2020

Diet drinks may be as unhealthy as sugary ones

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

<https://breakingnewsenglish.com/2011/201101-diet-soda-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/2011/201101-diet-soda-0.html>

People think diet soda is healthier than fizzy drinks. A new study says it can be as bad for our heart. Researchers said people should not drink diet sodas and other artificially sweetened drinks. A heart doctor said it is "fake news" that artificial sweeteners are better than sugar. Sweeteners are linked to weight gain and diabetes.

The researchers studied 100,000 people. They recorded their diet, activity level, and health status. The data showed that artificially sweetened drinks led to a risk of heart disease. A doctor said, "water and more water should be the drink of choice" for children. He said children should not have soda as it causes obesity.

Sources: <https://www.healthline.com/health-news/diet-soda-no-better-than-regular-soda-for-heart-health#The-bottom-line>
<https://medicalxpress.com/news/2020-10-artificially-sweetened-heart-healthier-sugary.html>
<https://metro.co.uk/2020/10/28/diet-drinks-may-be-just-as-bad-for-your-heart-as-sugary-ones-13492832/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2011/201101-diet-soda-0.html>

PARAGRAPH ONE:

- | | |
|--------------------------|---------------------|
| 1. healthier than fizzy | a. heart |
| 2. bad for our | b. news |
| 3. people should not | c. sweetened drinks |
| 4. artificially | d. to weight gain |
| 5. A heart | e. drink diet sodas |
| 6. fake | f. doctor |
| 7. sweeteners are better | g. drinks |
| 8. sweeteners are linked | h. than sugar |

PARAGRAPH TWO:

- | | |
|------------------------------------|---------------------|
| 1. The researchers studied 100,000 | a. drink of choice |
| 2. activity | b. status |
| 3. health | c. obesity |
| 4. artificially | d. level |
| 5. a risk of heart | e. sweetened drinks |
| 6. water should be the | f. not have soda |
| 7. He said children should | g. disease |
| 8. it causes | h. people |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2011/201101-diet-soda-0.html>

People think diet (1) _____ than fizzy drinks. A

new study says it can (2) _____ for our heart.

Researchers said people (3) _____ diet sodas

and other artificially sweetened drinks. A

(4) _____ it is "fake news" that artificial

sweeteners (5) _____ sugar. Sweeteners are

linked to (6) _____ diabetes.

The researchers studied 100,000 people.

(7) _____ diet, activity level,

(8) _____. The data showed that artificially

sweetened drinks (9) _____ risk of heart disease.

A doctor said, "water and more (10) _____ the

drink of (11) _____. He said children should not

have soda as (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2011/201101-diet-soda-0.html>

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DIET SODA SURVEY

From <https://breakingnewsenglish.com/2011/201101-diet-soda-0.html>

Write five GOOD questions about diet soda 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) _____

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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) _____

