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Level 4

Sugar could be harmful to our health

12th January, 2016

<http://www.breakingnewsenglish.com/1601/160112-sugar-4.html>

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Please try the harder Level 5 and the 26-page Level 6 (harder).

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THE READING

From <http://www.breakingnewsenglish.com/1601/160112-sugar-4.html>

The USA and UK are worried about how bad sugar is for public health. People eat too much sugar. This is harmful to people's health. The USA made new diet guidelines. They recommend people get less than 10 per cent of their calories from sugar. Britain's leader said he was thinking about a tax on sugar. Politicians in the UK are talking about how less sugar in food could lower rates of obesity in Britain.

Both governments looked at a study from Mexico. It showed how a tax on sugary drinks meant sales of sugary drinks went down by 12 per cent. Sales of mineral water went up by four per cent. Another idea is to reduce the level of sugar in drinks. A London university said that cutting the sugar in drinks by 40 per cent over five years could prevent one million cases of obesity in the U.K. The researchers say people might not even notice this.

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](http://www.ifpress.com/2016/01/08/Sugar-could-be-harmful-to-our-health)

MATCHING

From <http://www.breakingnewsenglish.com/1601/160112-sugar-4.html>

PARAGRAPH ONE:

- | | |
|-----------------------------------|------------------------|
| 1. worried about how bad | a. are talking |
| 2. This is harmful to | b. guidelines |
| 3. The USA made new diet | c. people's health |
| 4. less than 10 per cent of their | d. obesity in Britain |
| 5. thinking about a tax | e. sugar is |
| 6. Politicians in the UK | f. in food |
| 7. less sugar | g. calories from sugar |
| 8. lower rates of | h. on sugar |

PARAGRAPH TWO:

- | | |
|---------------------------------------|-----------------------------|
| 1. governments looked at | a. went up by four per cent |
| 2. a tax | b. of sugar in drinks |
| 3. sales of sugary drinks went | c. of obesity |
| 4. Sales of mineral water | d. a study from Mexico |
| 5. reduce the level | e. even notice this |
| 6. cutting the sugar in drinks by 40% | f. on sugary drinks |
| 7. prevent one million cases | g. down by 12 per cent |
| 8. people might not | h. over five years |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1601/160112-sugar-4.html>

The USA and UK are worried (1) _____ sugar is for public health. People (2) _____ sugar. This is harmful to people's health. The USA made new (3) _____. They recommend people get less than 10 per cent (4) _____ from sugar. Britain's leader said he was thinking (5) _____ sugar. Politicians in the UK are talking about how less sugar in food could lower (6) _____ in Britain.

Both governments (7) _____ from Mexico. It showed how a tax on sugary drinks (8) _____ sugary drinks went down by 12 per cent. Sales of (9) _____ up by four per cent. Another idea is to (10) _____ of sugar in drinks. A London university said (11) _____ sugar in drinks by 40 per cent over five years could prevent one million cases of obesity in the U.K. The researchers say people might (12) _____ this.

SUGAR SURVEY

From <http://www.breakingnewsenglish.com/1601/160112-sugar-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)

g)

h)

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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)

g)

h)

