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Level 1 – 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-1.html>

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Please try Levels 0, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/1912/191207-sugar-overdose-1.html>

A health group warned about the sugar in drinks in coffee shops. Many cafes are adding extra sugar and syrup to drinks before Christmas. Action on Sugar (AOS) carried out research on sugar in over 200 hot drinks in coffee chains. It found that some drinks had as much as 23 spoons of sugar. AOS said it found "shockingly" high levels of sugar in many drinks. It said people with obesity, diabetes and other health problems should check what they are drinking.

Action On Sugar went to nine different cafe chains. It said the unhealthiest drink was a Starbucks hot chocolate that had 93.7g of sugar and 758 calories. It has as much sugar as three cans of Coke. Starbucks said it is reducing sugar in all its drinks and has cut sugar content by 9 per cent since 2015. AOS said: "The hospitality industry...must help to reduce the amount of sugar, [which] 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

PHRASE MATCHING

From <https://breakingnewsenglish.com/1912/191207-sugar-overdose-1.html>

PARAGRAPH ONE:

- | | |
|--------------------------------|--------------------|
| 1. A health group warned about | a. health problems |
| 2. Many cafes are adding | b. spoons of sugar |
| 3. carried out research | c. are drinking |
| 4. as much as 23 | d. with obesity |
| 5. high levels | e. the sugar |
| 6. people | f. on sugar |
| 7. diabetes and other | g. of sugar |
| 8. check what they | h. extra sugar |

PARAGRAPH TWO:

- | | |
|-----------------------|-------------------|
| 1. the unhealthiest | a. causes |
| 2. 93.7g of sugar and | b. industry |
| 3. reducing sugar in | c. diabetes |
| 4. The hospitality | d. drink |
| 5. reduce the amount | e. decay |
| 6. one of the biggest | f. all its drinks |
| 7. type 2 | g. of sugar |
| 8. tooth | h. 758 calories |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1912/191207-sugar-overdose-1.html>

A health group warned about the (1) _____ in coffee shops. Many cafes (2) _____ sugar and syrup to drinks before Christmas. Action on Sugar (AOS) carried (3) _____ sugar in over 200 hot drinks in coffee chains. It found that some drinks (4) _____ as 23 spoons of sugar. AOS said it found (5) _____ of sugar in many drinks. It said people with obesity, diabetes and other health problems (6) _____ they are drinking.

Action On Sugar went (7) _____ cafe chains. It said the unhealthiest drink was a Starbucks hot chocolate that had 93.7g of sugar (8) _____. It has as much sugar as three cans of Coke. Starbucks said (9) _____ sugar in all its drinks and has cut sugar content by 9 per cent since 2015. AOS said: "The (10) _____ help to reduce the (11) _____, [which] is one of the biggest causes of obesity, type 2 diabetes (12) _____."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1912/191207-sugar-overdose-1.html>

A health group warned about the sugar in drinks in coffee shops. Many cafes are adding extra sugar and syrup to drinks before Christmas. Action on Sugar (AOS) carried out research on sugar in over 200 hot drinks in coffee chains. It found that some drinks had as much as 23 spoonfuls of sugar. AOS said it found "shockingly" high levels of sugar in many drinks. It said people with obesity, diabetes and other health problems should check what they are drinking. Action On Sugar went to nine different cafe chains. It said the unhealthiest drink was a Starbucks hot chocolate that had 93.7g of sugar and 758 calories. It has as much sugar as three cans of Coke. Starbucks said it is reducing sugar in all its drinks and has cut sugar content by 9 per cent since 2015. AOS said: "The hospitality industry... must help to reduce the amount of sugar, [which] is one of the biggest causes of obesity, type 2 diabetes and tooth decay."

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) _____

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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) _____

