



01

23 Sugars in One Hot Drink

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Vocabulary

A. Choose the correct words from the box. Make two sentences for each word.

01 to tell someone about possible danger or trouble. _____

02 to hold or keep something within limits. _____

03 a degree of intensity; the magnitude of a quantity. _____

04 a network of related businesses under one ownership or control. _____

05 a choice or alternative from which to choose. _____

contain

warn

option

level

chain

Vocabulary

B. Fill in the blanks to complete the paragraph.

BREAKING NEWS

23 Sugars in one Hot Drink

Campaigners have _____ that some festive coffees and hot chocolates sold by high street chains _____ shockingly high _____ of sugar. The group Action on Sugar wants them to be subject to the same sugar tax as soft drinks. Several of the coffee _____ in the study said they also offered healthier _____.

contain

options

warned

chains

levels

Vocabulary +

C. Give at least two synonyms for each word or phrase.



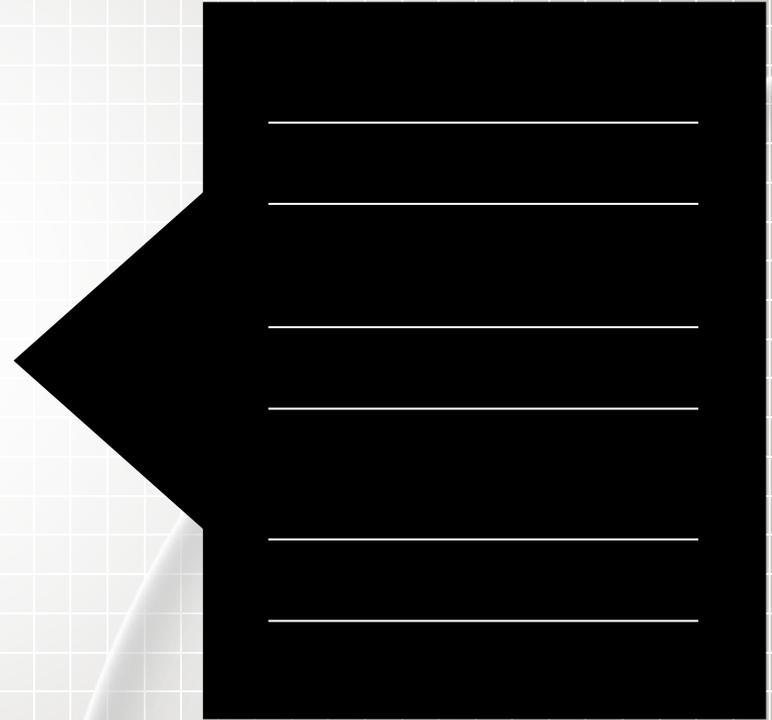
overload
too much (of something)



crammed
very full of something



plant-based
made from plants, not animals



Vocabulary +

D. Complete the sentences using **overload**, **crammed**, and **plant-based**.

01

This is a popular _____ alternative to beef steak.

02

The Christmas cake was _____ with fruits and nuts.

03

The biscuits that Rob loves are _____ with chocolate.

04

We were _____ in like sardines on the Tube this morning!

05

In the future people might run cars on _____ fuels.

06

The kids are going crazy - they've had a sugar _____!

Vocabulary +

E. Use each word or phrase in a sentence.

overload

crammed

plant-based

Comprehension

A. Choose the correct answers.

1. Which word means 'too much (of something)'?

- a) overload
- b) overmore
- c) loadover

2. What's the correct spelling of this word, which means 'very full (of something)'?

- a) crammed
- b) cremmed
- c) cramed

3. Who alerted the public to the concerning high sugar levels in festive coffees and hot chocolates?

- a) Action on Sweets
- b) Campaigners of Sugar
- c) Action on Sugar

4. What is the sugar content of most festive hot chocolates and coffees?

- a) 100 tsp
- b) 23 tsp
- c) 3 tsp

Discussion

B. Answer the following questions.

1. What is the news story all about?
2. What do you think about the sweetness of festive hot chocolates and coffees?
3. Do you think it's a good idea to tax sugary foods? Why or why not?
4. What are some positive things about consuming less sugar?

Discussion

B. Answer the following questions.

5. Are there any negative aspects to having too much sugar in our diets?
6. How do you feel about healthier alternatives to sugary snacks and drinks?
7. How can we encourage others to make healthier food choices?
8. Do you think it's important for everyone to be aware of the amount of sugar they consume?