

What's Wrong with Sugar?

Gap fill

Listen to the story and fill in the blanks.

Many people, especially children, enjoy sweet food. New information, however, says that sugar is _____ because it hurts our mental and physical well being.

There are many _____ sugar. There's sugar in fruit. Many people say that's good sugar because it's healthy. Then there's the _____ people buy at the supermarket. That's bad for our health.

The worst kind is _____ sugar. It's the sweet taste that comes from processed corn syrup, called high fructose. It's in soft drinks, salad _____, snacks and more.

Too much sugar is bad because it _____ addiction. When we eat it, our brain makes us feel good for a short time. After the good feeling goes away, the brain tells us to _____. That's a craving. Over time, we have to eat more to get that good feeling again. When the brain craves something, our feelings change. We become angry or _____ easily.

Gaining weight is the second _____. When we eat small amounts of food with good sugar, like a banana, our body slowly _____ energy. Packaged food or drinks put too much sugar into the body. It can't use all that energy right away, so it's quickly turned into _____.

Many more serious health problems are _____ sugar, like heart disease and cancer.

What happens if people stop eating sugar? The first couple of weeks might be _____. Many people feel tired. After that, the long term _____ are great.

People have more energy, their _____ is clear, they sleep well and they don't get sick very often.

The bottom line is that sugar doesn't _____ the quality of life. It makes life more difficult.

Synonym match

Match the words or phrases.

- | | |
|----------------|---------------|
| 1. hidden | a. conclusion |
| 2. processed | b. concealed |
| 3. craving | c. refined |
| 4. effect | d. hunger |
| 5. bottom line | e. result |

True or false

Choose the correct answer.

1. There are several types of sugar. T or F
2. We find high fructose in fruit. T or F
3. People can be addicted to sweet food. T or F
4. Cravings are good for people. T or F
5. People who give up sugar feel better after a couple of weeks. T or F

What's Wrong with Sugar?

Anagrams

Move letters. Make a new word.

PEIOMRV _____

PEUCOL _____

RKSUATERMEP _____

AESRVC _____

SNSACK _____

SIYACLHP _____

ESL discussion questions

Talk about the story

-
1. Do you have a sweet tooth?
 2. What is the worst kind of sugar and where can we find it?
 3. What is an addiction?
 4. How do packaged foods make people gain weight?
 5. Is it easy to stop eating sugary foods?
 6. Does this ESL listening story have a message? What is it?
-

Writing practice

Put the words in the correct order.

1. kinds / many / sugar / are / there / of

2. sugar / kind / hidden / the / worst / is

3. away / the / good / us / tells / after / feeling / to / goes / more / the / brain / eat

4. of / a / sugar / energy / body / with / good / amounts / when / small / slowly / like / food / eat / our / banana / we / produces

5. be / of / uncomfortable / first / the / weeks / might / couple
