

# Breaking News English.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES  
FOR LANGUAGE TEACHERS"**

[breakingnewsenglish.com/book.html](http://breakingnewsenglish.com/book.html)

**Thousands more free lessons  
from Sean's other websites**

[www.freeeslmaterials.com/sean\\_banville\\_lessons.html](http://www.freeeslmaterials.com/sean_banville_lessons.html)

**Level 2 – 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-2.html>

## Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

Please try Levels 0, 1 and 3. They are (a little) harder.

**Twitter**



[twitter.com/SeanBanville](https://twitter.com/SeanBanville)

**Facebook**



[www.facebook.com/pages/BreakingNewsEnglish/155625444452176](https://www.facebook.com/pages/BreakingNewsEnglish/155625444452176)

# THE READING

From <https://breakingnewsenglish.com/1912/191207-sugar-overdose-2.html>

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

Action On Sugar went to nine different coffee shop chains. It said the unhealthiest drink was the Starbucks "Venti" caramel hot chocolate. It contained 93.7g of sugar and 758 calories. It has as much sugar as three cans of Coca-Cola. Starbucks said: "We are committed to reducing sugar in all our beverages." It has cut sugar content by 9 per cent since 2015. AOS, said: "The hospitality industry has a key role to play in being transparent. It must help to reduce the amount of sugar we consume. Sugar 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](https://www.huffingtonpost.co.uk/entry/christmas-hot-drinks-sugar-content_uk_5de62d91e4b0d50f32a85008)

# PHRASE MATCHING

From <https://breakingnewsenglish.com/1912/191207-sugar-overdose-2.html>

## PARAGRAPH ONE:

- |                          |                          |
|--------------------------|--------------------------|
| 1. A health group warned | a. to Christmas          |
| 2. adding extra sugar    | b. they are drinking     |
| 3. in the run-up         | c. levels of sugar       |
| 4. carried               | d. and syrup             |
| 5. as much as 23 spoons  | e. other health problems |
| 6. shockingly high       | f. out research          |
| 7. obesity, diabetes and | g. people to be careful  |
| 8. check what            | h. of sugar              |

## PARAGRAPH TWO:

- |                                |                      |
|--------------------------------|----------------------|
| 1. It contained 93.7g of sugar | a. diabetes          |
| 2. We are committed            | b. industry          |
| 3. the hospitality             | c. decay             |
| 4. a key                       | d. sugar we consume  |
| 5. reduce the amount of        | e. causes of obesity |
| 6. one of the biggest          | f. to reducing sugar |
| 7. type 2                      | g. role to play      |
| 8. tooth                       | h. and 758 calories  |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1912/191207-sugar-overdose-2.html>

A health group warned people (1) \_\_\_\_\_ about the sugar (2) \_\_\_\_\_ coffee shops. Many cafes in the UK are adding extra sugar and syrup to drinks (3) \_\_\_\_\_ to Christmas. The health group, Action on Sugar (AOS), carried out research on sugar in hot drinks in coffee chains around the country. It found that some drinks had as much as 23 (4) \_\_\_\_\_. It checked over 200 different drinks. AOS said it found "shockingly" (5) \_\_\_\_\_ sugar in many drinks. An AOS spokesperson said people (6) \_\_\_\_\_ and other health problems should check what they are drinking.

Action On Sugar went (7) \_\_\_\_\_ coffee shop chains. It said the unhealthiest drink was the Starbucks "Venti" caramel hot chocolate. It contained 93.7g of sugar (8) \_\_\_\_\_. It has as much sugar (9) \_\_\_\_\_ of Coca-Cola. Starbucks said: "We are committed to reducing sugar in all our beverages." It has cut (10) \_\_\_\_\_ 9 per cent since 2015. AOS, said: "The hospitality industry has a key role to play in being transparent. It must (11) \_\_\_\_\_ the amount of sugar we consume. Sugar 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-2.html>

A health group warned people to be careful about the sugar in drinks in coffee shops. Many cafes in the UK are adding extra sugar and syrup to drinks in the run-up to Christmas. The health group, Action on Sugar (AOS), carried out research on sugar in hot drinks in coffee chains around the country. It found that some drinks had as much as 23 spoonfuls of sugar. It checked over 200 different drinks. AOS said it found "shockingly" high levels of sugar in many drinks. An AOS spokesperson said people with obesity, diabetes and other health problems should check what they are drinking. Action on Sugar went to nine different coffee shop chains. It said the unhealthiest drink was the Starbucks "Venti" caramel hot chocolate. It contained 93.7g of sugar and 758 calories. It has as much sugar as three cans of Coca-Cola. Starbucks said: "We are committed to reducing sugar in all our beverages." It has cut sugar content by 9 per cent since 2015. AOS said: "The hospitality industry has a key role to play in being transparent. It must help to educate the amount of sugar we consume. Sugar 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) \_\_\_\_\_

*Sugar overdose warning for coffee chain festive drinks – 7th December, 2019*  
More free lessons at [breakingnewsenglish.com](http://breakingnewsenglish.com)

---

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

