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Level 1 – 1st November, 2020

Diet drinks may be as unhealthy as sugary ones

FREE online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/2011/201101-diet-soda-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/2011/201101-diet-soda-1.html>

People think diet sodas are healthier than fizzy drinks. A new study says diet sodas can be as bad for our heart as sugar-filled fizzy drinks. Researchers said people should avoid diet sodas and other artificially sweetened drinks because artificial sweeteners in diet drinks are not healthy. A heart specialist said the idea that artificial sweeteners are a substitute for sugar is "fake news". He added that sweeteners are linked to weight gain and diabetes.

The research is in a cardiology journal. It looked at data from 100,000 people. The people recorded their diet, activity level, and health status. The researchers said artificially sweetened drinks led to a higher risk of heart disease. They added: "Water, water, and more water should be the [drink] of choice. Given childhood obesity, no sweetened or artificially sweetened beverage should be...in children's diets."

Sources: <https://www.healthline.com/health-news/diet-soda-no-better-than-regular-soda-for-heart-health#The-bottom-line>
<https://medicalxpress.com/news/2020-10-artificially-sweetened-heart-healthier-sugary.html>
<https://metro.co.uk/2020/10/28/diet-drinks-may-be-just-as-bad-for-your-heart-as-sugary-ones-13492832/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2011/201101-diet-soda-1.html>

PARAGRAPH ONE:

- | | |
|-----------------------|---------------------|
| 1. as bad for our | a. drinks |
| 2. people should | b. gain |
| 3. other artificially | c. heart as sugar |
| 4. diet | d. news |
| 5. A heart | e. avoid diet sodas |
| 6. a substitute | f. specialist |
| 7. fake | g. sweetened drinks |
| 8. weight | h. for sugar |

PARAGRAPH TWO:

- | | |
|------------------------------|-----------------------|
| 1. a cardiology | a. status |
| 2. The people recorded | b. journal |
| 3. activity | c. diets |
| 4. health | d. of choice |
| 5. a higher risk of heart | e. sweetened beverage |
| 6. water should be the drink | f. level |
| 7. artificially | g. their diet |
| 8. in children's | h. disease |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2011/201101-diet-soda-1.html>

People think diet sodas are healthier (1) _____.

A new study says diet sodas can be (2) _____

our heart as sugar-(3) _____.

Researchers said people should avoid diet sodas and other artificially sweetened

drinks because artificial sweeteners in diet drinks

(4) _____.

A heart specialist said the idea that artificial sweeteners (5) _____ for sugar is "fake

news". He added that sweeteners are linked

(6) _____ and diabetes.

The research is in a cardiology journal. It (7) _____

from 100,000 people. The people recorded their diet, activity

level, (8) _____.

The researchers said artificially sweetened drinks led to (9) _____ of heart

disease. They added: "Water, water, and more water should be

the (10) _____.

Given childhood (11) _____ or artificially sweetened beverage

should be... (12) _____."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2011/201101-diet-soda-1.html>

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DIET SODA SURVEY

From <https://breakingnewsenglish.com/2011/201101-diet-soda-4.html>

Write five GOOD questions about diet soda 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) _____

