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Level 3 – 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.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

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

Many people drink diet sodas as part of their diet. They believe these drinks are healthier than fizzy drinks. However, according to a new study, "diet" versions of sugary drinks can be as bad for our heart as fizzy drinks that are loaded with sugar. The researchers who conducted the study said people should avoid diet sodas and other artificially sweetened beverages if they want to look after their health. They said the artificial sweeteners in diet drinks are not healthy. Dr Guy Mintz, a heart specialist, said: "The belief that artificial sweeteners are a safe substitute for sugar is fake news." He added: "Artificial sweeteners have been associated with weight gain, insulin resistance, and diabetes."

The research is published in the Journal of the American College of Cardiology. Researchers looked at health data from over 100,000 people in France. Participants in the study recorded their diet, activity level, and health status every six months. The researchers said: "Higher intakes of...artificially sweetened beverages were associated with a higher risk of cardiovascular disease, suggesting that artificially sweetened beverages might not be a healthy substitute for sugary drinks." They added: "Water, water, and more water should be the beverage of choice. Given childhood obesity, no sweetened or artificially sweetened beverage should be a staple 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/>

WARM-UPS

1. DIET SODA: Students walk around the class and talk to other students about diet soda. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

diet / soda / study / heart / sugar / researchers / artificially sweetened / specialist / journal / health data / activity / status / intake / disease / water / obesity / staple

Have a chat about the topics you liked. Change topics and partners frequently.

3. BAN: Students A **strongly** believe all artificially sweetened drinks should be banned; Students B **strongly** believe they are OK. Change partners again and talk about your conversations.

4. SUBSTITUTES: What healthy substitutes are there to these things? Which do you prefer? Why? Complete this table with your partner(s). Change partners often and share what you wrote.

	Substitute	Which You Prefer?	Why?
Coke			
Big Mac			
Chocolate			
Ice cream			
French fries			
White bread			

5. DRINK: Spend one minute writing down all of the different words you associate with the word "drink". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. DIET: Rank these with your partner. Put the best ways to diet at the top. Change partners often and share your rankings.

- Be a vegetarian
- Drink more water
- Use smaller plates
- Cycle everywhere
- No white bread or rice
- No cakes of chocolate
- Daily exercise
- Skip lunch

VOCABULARY MATCHING

Paragraph 1

- | | |
|-----------------|---|
| 1. diet | a. A type of something that is different from an earlier type or other types of the same type of thing. |
| 2. fizzy | b. A disease in which the body cannot produce insulin and so puts too much sugar in the blood. |
| 3. according to | c. A special course of food to lose weight or for medical reasons. |
| 4. version | d. As said or written by or in. |
| 5. avoid | e. Of a drink containing bubbles of gas. |
| 6. artificial | f. Keep away from or stop oneself from doing something. |
| 7. diabetes | g. Made or produced by human beings rather than naturally. |

Paragraph 2

- | | |
|--------------------|---|
| 8. published | h. A person who takes part in something. |
| 9. participant | i. The official classification given to something. |
| 10. status | j. A person or thing acting or serving in place of another. |
| 11. beverage | k. Of an author or company printing a book, journal, piece of music, or other work for public sale. |
| 12. cardiovascular | l. A main part of something, especially of a diet. |
| 13. substitute | m. Relating to the heart and blood vessels. |
| 14. staple | n. A drink, especially one other than water. |

BEFORE READING / LISTENING

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

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- a. People believe fizzy drinks are healthier than diet drinks. **T / F**
- b. Researchers said we should avoid artificially sweetened drinks. **T / F**
- c. A doctor said sweeteners being a good replacement for sugar is fake news. **T / F**
- d. The doctor said artificial sweeteners can cause weight gain. **T / F**
- e. Researchers looked at the data of over 100,000 people. **T / F**
- f. Researchers found sweeteners can cause heart problems. **T / F**
- g. Researchers advised not to drink too much water. **T / F**
- h. Researchers said it's OK for children to have sweeteners. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|----------------------|----------------|
| 1. believe | a. information |
| 2. study | b. synthetic |
| 3. conducted | c. replacement |
| 4. artificial | d. drinks |
| 5. associated | e. research |
| 6. data | f. food |
| 7. beverages | g. think |
| 8. substitute | h. fatness |
| 9. obesity | i. did |
| 10. diet | j. linked |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|--|--------------------------|
| 1. They believe these drinks are healthier | a. beverages |
| 2. sugary drinks can be as | b. after their health |
| 3. fizzy drinks that | c. obesity |
| 4. if they want to look | d. bad for our heart |
| 5. fake | e. the study |
| 6. health data from | f. news |
| 7. participants in | g. than fizzy drinks |
| 8. artificially sweetened | h. for sugary drinks |
| 9. a healthy substitute | i. over 100,000 people |
| 10. childhood | j. are loaded with sugar |

GAP FILL

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

Many people drink diet sodas as (1) _____ of their diet. They believe these drinks are healthier than (2) _____ drinks. However, according to a new study, "diet" versions of sugary drinks can be as bad for our heart as fizzy drinks that are (3) _____ with sugar. The researchers who conducted the study said people should (4) _____ diet sodas and other artificially sweetened beverages if they want to (5) _____ after their health. They said the artificial sweeteners in diet drinks are not healthy. Dr Guy Mintz, a heart (6) _____, said: "The belief that artificial sweeteners are a safe substitute for sugar is (7) _____ news." He added: "Artificial sweeteners have been associated with weight gain, insulin resistance, and (8) _____."

The research is (9) _____ in the Journal of the American College of Cardiology. Researchers looked at health (10) _____ from over 100,000 people in France. Participants in the study (11) _____ their diet, activity level, and health (12) _____ every six months. The researchers said: "Higher intakes of...artificially sweetened beverages were associated with a higher (13) _____ of cardiovascular disease, suggesting that artificially sweetened beverages might not be a healthy (14) _____ for sugary drinks." They added: "Water, water, and more water should be the beverage of (15) _____. Given childhood obesity, no sweetened or artificially sweetened beverage should be a (16) _____ in children's diets."

avoid
fizzy
diabetes
look
part
fake
loaded
specialist

status
data
choice
risk
published
staple
recorded
substitute

LISTENING – Guess the answers. Listen to check.

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

- 1) Many people drink diet sodas as part _____
 - a. of their dietary
 - b. of their dietician
 - c. of their dieted
 - d. of their diet
- 2) according to a new study, "diet" versions of sugary drinks can _____
 - a. be as bad
 - b. be was bad
 - c. be has bad
 - d. be is bad
- 3) for our heart as fizzy drinks that are _____
 - a. load it with sugar
 - b. ladled with sugar
 - c. laddered with sugar
 - d. loaded with sugar
- 4) The belief that artificial sweeteners are a safe substitute for sugar _____
 - a. is flake news
 - b. is freak news
 - c. is fork news
 - d. is fake news
- 5) sweeteners have been associated with weight gain, insulin resistance, _____
 - a. and debates
 - b. and debacles
 - c. and diabetes
 - d. and diatribes
- 6) The research is published in the Journal of the American _____
 - a. College of Radiology
 - b. College of Cardiology
 - c. College of Immunology
 - d. College of Psychology
- 7) Participants in the study recorded their diet, activity level, _____
 - a. and healthy statues
 - b. and health status
 - c. and healthy statutes
 - d. and health stay test
- 8) artificially sweetened beverages were associated with _____
 - a. a higher brisk
 - b. a higher frisk
 - c. a higher risk
 - d. a higher wrist
- 9) sweetened beverages might not be a healthy substitute _____
 - a. for sugary drinks
 - b. four sugary drinks
 - c. form sugary drinks
 - d. force sugary drinks
- 10) Water, water, and more water should be the _____
 - a. beverage of choice
 - b. beverage of choose
 - c. beverage of chosen
 - d. beverage of chose

LISTENING – Listen and fill in the gaps

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

Many people drink diet sodas (1) _____ their diet. They believe these drinks are healthier than fizzy drinks. However, according to a new study, (2) _____ sugary drinks can be as bad for our heart as fizzy drinks that are (3) _____. The researchers who conducted the study said people should avoid diet sodas and other artificially sweetened beverages if they want (4) _____ their health. They said the artificial sweeteners in diet drinks are not healthy. Dr Guy Mintz, (5) _____, said: "The belief that artificial sweeteners are a safe substitute for sugar is fake news." He added: "Artificial sweeteners have been (6) _____ gain, insulin resistance, and diabetes."

The research is published (7) _____ of the American College of Cardiology. Researchers looked at health data from over 100,000 people in France. Participants in the study (8) _____, activity level, and health status every six months. The researchers said: "Higher intakes of...artificially sweetened beverages (9) _____ a higher risk of cardiovascular disease, suggesting that artificially sweetened beverages might not be (10) _____ for sugary drinks." They added: "Water, water, and more water should be the (11) _____. Given childhood obesity, no sweetened or artificially sweetened beverage should (12) _____ in children's diets."

COMPREHENSION QUESTIONS

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

1. What word did the article use instead of soda?
2. What did a researcher say people should look after?
3. What is the job of Guy Mintz?
4. What did a doctor say about sweeteners being replacements for sugar?
5. What has been associated with weight gain?
6. How many people did researchers look at the data of?
7. How often did research participants record their health status?
8. What do artificial sweeteners increase the risk of?
9. What did a doctor say should be the beverage of choice?
10. What should sweetened beverages not be in children's diets?

MULTIPLE CHOICE - QUIZ

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

- 1) What word did the article use instead of soda?
 - a) bubbles
 - b) lemonade
 - c) fizzy drinks
 - d) pop
- 2) What did a researcher say people should look after?
 - a) their health
 - b) their children
 - c) their heart
 - d) their drinks
- 3) What is the job of Guy Mintz?
 - a) a drinks company CEO
 - b) a sugar grower
 - c) a GM food expert
 - d) a heart specialist
- 4) What did a doctor say about sweeteners being replacements for sugar?
 - a) they have potential
 - b) it's fake news
 - c) they are better
 - d) we need more research
- 5) What has been associated with weight gain?
 - a) sugar
 - b) fructose syrup
 - c) artificial sweeteners
 - d) avocados
- 6) How many people did researchers look at the data of?
 - a) exactly 100,000
 - b) over 100,000
 - c) around 100,000
 - d) just fewer than 100,000
- 7) How often did research participants record their health status?
 - a) every week
 - b) every month
 - c) every day
 - d) every six months
- 8) What do artificial sweeteners increase the risk of?
 - a) memory loss
 - b) cardiovascular disease
 - c) bad skin
 - d) sleeplessness
- 9) What did a doctor say should be the beverage of choice?
 - a) water
 - b) green tea
 - c) apple juice
 - d) milk
- 10) What should sweetened beverages not be in children's diets?
 - a) a fastener
 - b) a bracket
 - c) a hinge
 - d) a staple

ROLE PLAY

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

Role A – Being a Vegetarian

You think being a vegetarian is the best way to diet. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): cycling everywhere, skipping lunch or using smaller plates.

Role B – Cycling Everywhere

You think cycling everywhere is the best way to diet. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): being a vegetarian, skipping lunch or using smaller plates.

Role C – Skipping Lunch

You think skipping lunch is the best way to diet. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): cycling everywhere, being a vegetarian or using smaller plates.

Role D – Using Smaller Plates

You think using smaller plates is the best way to diet. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): cycling everywhere, skipping lunch or being a vegetarian.

AFTER READING / LISTENING

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

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'diet' and 'soda'.

diet	soda
-------------	-------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• part• bad• conducted• look• belief• gain	<ul style="list-style-type: none">• journal• recorded• higher• substitute• choice• staple
---	--

DIET SODA SURVEY

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

DIET SODA DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'diet'?
3. How good or bad is your daily diet?
4. What would you like to cut out from your diet?
5. What do you think of fizzy drinks?
6. Do you prefer the word 'fizzy drink' or 'soda'?
7. Which are better, diet sodas or regular sodas?
8. What do you think of artificial sweeteners?
9. Should we be eating or drinking anything artificial?
10. What do you think of sugar?

Diet drinks may be as unhealthy as sugary ones – 1st November, 2020
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DIET SODA DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'soda'?
13. What do you think about what you read?
14. How much do you like reading about health issues?
15. Have you ever taken part in research?
16. What is your activity level like?
17. How can we keep our cardiovascular system healthy?
18. What do you think of sugary drinks?
19. What can we do to reduce childhood obesity?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

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

Many people drink diet sodas (1) _____ part of their diet. They believe these drinks are healthier than fizzy drinks. However, according to a new study, "diet" versions of sugary drinks can be as (2) _____ for our heart as fizzy drinks that are loaded with sugar. The researchers who (3) _____ the study said people should avoid diet sodas and other artificially sweetened beverages if they want to look (4) _____ their health. They said the artificial sweeteners in diet drinks are not healthy. Dr Guy Mintz, a heart specialist, said: "The (5) _____ that artificial sweeteners are a safe substitute for sugar is fake news." He added: "Artificial sweeteners have been associated (6) _____ weight gain, insulin resistance, and diabetes."

The research is published in the Journal of the American College of (7) _____. Researchers looked at health data from over 100,000 people in France. Participants in the study recorded their diet, activity level, and health (8) _____ every six months. The researchers said: "Higher intakes of...artificially sweetened beverages were associated with a higher (9) _____ of cardiovascular disease, suggesting that artificially sweetened beverages might not be a healthy substitute (10) _____ sugary drinks." They added: "Water, water, and more (11) _____ should be the beverage of choice. Given childhood obesity, no sweetened or artificially sweetened beverage should be a (12) _____ in children's diets."

Put the correct words from the table below in the above article.

- | | | | | |
|-----|---------------|-----------------|----------------|--------------|
| 1. | (a) was | (b) is | (c) as | (d) has |
| 2. | (a) bad | (b) unwell | (c) ill | (d) disease |
| 3. | (a) conducted | (b) replied | (c) served | (d) fizzed |
| 4. | (a) after | (b) post | (c) before | (d) then |
| 5. | (a) bailiff | (b) belief | (c) believe | (d) believer |
| 6. | (a) in | (b) at | (c) to | (d) with |
| 7. | (a) Cardigan | (b) Cardamon | (c) Cardiology | (d) Cardinal |
| 8. | (a) stat | (b) statutes | (c) statues | (d) status |
| 9. | (a) risk | (b) opportunity | (c) pressure | (d) poison |
| 10. | (a) for | (b) on | (c) at | (d) in |
| 11. | (a) watered | (b) water | (c) waters | (d) watery |
| 12. | (a) patch | (b) bracket | (c) staple | (d) hinge |

SPELLING

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

Paragraph 1

1. healthier than yzfzi drinks
2. cognracdi to a new study
3. artificially sweetened eeevrbga
4. Dr Guy Mintz, a heart scpsieital
5. a safe bsuttiteus for sugar
6. insulin resistance, and sedbitea

Paragraph 2

7. The research is elihsbdpu in the journal
8. niartatpicsp in the study
9. a higher risk of cardiovascular iasedes
10. argusy drinks
11. childhood oiesbty
12. a ealpts in children's diets

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () The research is published in the Journal of the American College of Cardiology. Researchers looked at health data from
- () look after their health. They said the artificial sweeteners in diet drinks are not healthy. Dr Guy Mintz, a heart
- (**1**) Many people drink diet sodas as part of their diet. They believe these drinks are healthier than
- () fizzy drinks. However, according to a new study, "diet" versions of sugary drinks can be as bad for
- () over 100,000 people in France. Participants in the study recorded their diet, activity level, and health
- () our heart as fizzy drinks that are loaded with sugar. The researchers who conducted the
- () "Water, water, and more water should be the beverage of choice. Given childhood obesity, no sweetened
- () or artificially sweetened beverage should be a staple in children's diets."
- () status every six months. The researchers said: "Higher intakes of...artificially sweetened
- () specialist, said: "The belief that artificial sweeteners are a safe substitute for sugar is fake
- () news." He added: "Artificial sweeteners have been associated with weight gain, insulin resistance, and diabetes."
- () sweetened beverages might not be a healthy substitute for sugary drinks." They added:
- () study said people should avoid diet sodas and other artificially sweetened beverages if they want to
- () beverages were associated with a higher risk of cardiovascular disease, suggesting that artificially

PUT THE WORDS IN THE RIGHT ORDER

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

1. sodas as part Drink diet their diet. of
2. with drinks loaded sugar. are that Fizzy
3. health. after If want to their they look
4. for are safe Artificial sweeteners substitute sugar. a
5. weight been associated Artificial with have gain. sweeteners
6. health over at data Looked from 100,000 people.
7. their the Participants study recorded in diet.
8. cardiovascular a higher Associated disease. of with risk
9. healthy substitute. might beverages be Sweetened a not
10. choice. of be should Water the beverage

CIRCLE THE CORRECT WORD (20 PAIRS)

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

Many people drink diet sodas as *partner / part* of their diet. They believe these drinks are healthier than *fizzed / fizzy* drinks. However, according to a new study, "diet" *visions / versions* of sugary drinks can be as bad for our heart *was / as* fizzy drinks that are loaded with sugar. The researchers who conducted the study said people should *avoid / evade* diet sodas and other artificially sweetened *beverages / beverage* if they want to look after their health. They said the artificial sweeteners in diet drinks are not *healthily / healthy*. Dr Guy Mintz, a heart specialist, said: "The *believe / belief* that artificial sweeteners are a safe substitute for sugar is *flake / fake* news." He added: "Artificial sweeteners have been associated with weight *gain / again*, insulin resistance, and diabetes."

The research is published *on / in* the Journal of the American College of Cardiology. Researchers looked *to / at* health data from over 100,000 people in France. Participants in the study recorded *their / there* diet, activity level, and health *status / statues* every six months. The researchers said: "Higher intakes of...artificially sweetened *beverage / beverages* were associated with a higher *risk / risky* of cardiovascular disease, suggesting that artificially sweetened beverages might not *been / be* a healthy substitute for sugary drinks." They added: "Water, water, and more water should be the beverage of *choose / choice*. Given childhood obesity, no sweetened or artificially sweetened beverage should be a *staple / stubble* in children's diets."

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

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

Many p _ _pl _ dr _nk d _ _t s _das _s part _f
th _ _r d _ _t. Th _y b _l _ _v _ th _s _ dr _nks
_r _ h _alth _ _r than f _zzy dr _nks. H _w _v _r,
_cc _rd _ng t _ _ n _w st _dy, "d _ _t" v _rs _
_ns _f s _gary dr _nks can b _ _s bad f _r _ _r
h _art _s f _zzy dr _nks that _r _l _ad _d w _th
s _gar. Th _r _s _arch _rs wh _ c _nd _ct _d th _
st _dy sa _d p _ _pl _ sh _ _ld _v _ _d d _ _t s
_das _nd _th _r _rt _f _c _ally sw _ _t _n _d b
_v _rag _s _f th _y want t _l _ _k _ft _r th _
_r h _alth. Th _y sa _d th _ _rt _f _c _al sw _ _t
_n _rs _n d _ _t dr _nks _r _n _t h _althy. Dr
G _y M _ntz, _ h _art sp _c _al _st, sa _d: "Th _
b _l _ _f that _rt _f _c _al sw _ _t _n _rs _r _
_saf _s _bst _t _t _f _r s _gar _s fak _n
_ws." H _ _dd _d: "Art _f _c _al sw _ _t _n _rs
hav _ b _ _n _ss _c _at _d w _th w _ _ght ga _n,
_ns _l _n r _s _stanc _ , _nd d _ab _t _s."

Th _r _s _arch _s p _bl _sh _d _n th _ J _ _rnal
_f th _ _m _r _can C _ll _g _ _f Card _l _gy. R _s
_arch _rs l _ _k _d _t h _alth data fr _m _v _r
100,000 p _ _pl _ _n Franc _ . Part _c _pants _n th
_st _dy r _c _rd _d th _ _r d _ _t, _ct _v _ty l _v
_l, _nd h _alth stat _s _v _ry s _x m _nth. Th _
r _s _arch _rs sa _d: "H _gh _r _ntak _s _f...art
_f _c _ally sw _ _t _n _d b _v _rag _s w _r _ _ss
_c _at _d w _th _ h _gh _r r _sk _f card _ _vasc
_lar d _s _as _ , s _gg _st _ng that _rt _f _c _ally
sw _ _t _n _d b _v _rag _s m _ght n _t b _ _ h
_althy s _bst _t _t _f _r s _gary dr _nks." Th _y
_dd _d: "Wat _r, wat _r, _nd m _r _wat _r sh _ _ld
b _th _ b _v _rag _ _f ch _ _c _ . G _v _n ch _ldh _
_d _b _s _ty, n _sw _ _t _n _d _r _rt _f _c _ally
sw _ _t _n _d b _v _rag _ sh _ _ld b _ _stapl _ _n ch
_ldr _n's d _ _ts."

PUNCTUATE THE TEXT AND ADD CAPITALS

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

many people drink diet sodas as part of their diet they believe these drinks are healthier than fizzy drinks however according to a new study diet versions of sugary drinks can be as bad for our heart as fizzy drinks that are loaded with sugar the researchers who conducted the study said people should avoid diet sodas and other artificially sweetened beverages if they want to look after their health they said the artificial sweeteners in diet drinks are not healthy dr guy mintz a heart specialist said the belief that artificial sweeteners are a safe substitute for sugar is fake news he added artificial sweeteners have been associated with weight gain insulin resistance and diabetes

the research is published in the journal of the american college of cardiology researchers looked at health data from over 100000 people in france participants in the study recorded their diet activity level and health status every six months the researchers said higher intakes ofartificially sweetened beverages were associated with a higher risk of cardiovascular disease suggesting that artificially sweetened beverages might not be a healthy substitute for sugary drinks they added water water and more water should be the beverage of choice given childhood obesity no sweetened or artificially sweetened beverage should be a staple in childrens diets

PUT A SLASH (/) WHERE THE SPACES ARE

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

Many people drink diet sodas as part of their diet. They believe these drinks are healthier than fizzy drinks. However, according to a new study, "diet" versions of sugary drinks can be as bad for our hearts as fizzy drinks that are loaded with sugar. The researchers who conducted the study said people should avoid diet sodas and other artificially sweetened beverages if they want to look after their health. They said the artificial sweeteners in diet drinks are not healthy. Dr Guy Mintz, a heart specialist, said: "The belief that artificial sweeteners are a safe substitute for sugar is fake news." He added: "Artificial sweeteners have been associated with weight gain, insulin resistance, and diabetes." The research is published in the Journal of the American College of Cardiology. Researchers looked at health data from over 100,000 people in France. Participants in the study recorded their diet, activity level, and health status every six months. The researchers said: "Higher intakes of... artificially sweetened beverages were associated with a higher risk of cardiovascular disease, suggesting that artificially sweetened beverages might not be a healthy substitute for sugary drinks." They added: "Water, water, and more water should be the beverage of choice. Given childhood obesity, no sweetened or artificially sweetened beverages should be a staple in children's diets."

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. DIET SODA: Make a poster about diet soda. Show your work to your classmates in the next lesson. Did you all have similar things?

4. BAN: Write a magazine article about banning all sodas. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on diet soda. Ask him/her three questions about it. Give him/her three of your ideas on sodas. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. c 2. e 3. d 4. a 5. f 6. g 7. b
8. k 9. h 10. i 11. n 12. m 13. j 14. l

TRUE / FALSE (p.5)

- a F b T c T d T e T f T g F h F

SYNONYM MATCH (p.5)

1. g	2. e	3. i	4. b	5. j
6. a	7. d	8. c	9. h	10. f

COMPREHENSION QUESTIONS (p.9)

1. Fizzy drinks
2. Our health
3. A heart specialist (doctor)
4. It is fake news
5. Artificial sweeteners
6. Over 100,000
7. Every six months
8. Cardiovascular disease
9. Water
10. A staple

WORDS IN THE RIGHT ORDER (p.20)

1. Drink diet sodas as part of their diet.
2. Fizzy drinks that are loaded with sugar.
3. If they want to look after their health.
4. Artificial sweeteners are a safe substitute for sugar.
5. Artificial sweeteners have been associated with weight gain.
6. Looked at health data from over 100,000 people.
7. Participants in the study recorded their diet.
8. Associated with a higher risk of cardiovascular disease.
9. Sweetened beverages might not be a healthy substitute.
10. Water should be the beverage of choice.

MULTIPLE CHOICE - QUIZ (p.10)

1. c 2. a 3. d 4. b 5. c 6. d 7. b 8. d 9. a 10. d

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)