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Energy drinks irreversibly damage teeth

7th May, 2012

http://www.breakingnewsenglish.com/1205/120507-energy_drinks.html

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THE ARTICLE

From http://www.BreakingNewsEnglish.com/1205/120507-energy_drinks.html

A new study has found that energy drinks and sports drinks cause irreversible damage to teeth, with energy drinks being twice as damaging as sports drinks. A report recently published in the journal "General Dentistry" found that the high acidity levels in the drinks erode tooth enamel, the glossy outer layer that protects the tooth. Lead author Dr Poonam Jain said: "Young adults consume these drinks assuming that they will improve their sports performance and energy levels and that they are 'better' for them than soda....Most of these patients are shocked to learn that these drinks are essentially bathing their teeth with acid." This has led to an increase in tooth decay and the need for fillings.

The report says 30 to 50 per cent of American teenagers regularly consume sports and energy drinks, with as many as 62 per cent drinking at least one sports drink a day. It also says brushing teeth after drinking one of the drinks does more harm than good as this will spread the acid over the tooth enamel. The doctors advised people to wait at least an hour before brushing your teeth. Dr Jennifer Bone of America's Academy of General Dentistry recommended people chew sugar-free chewing gum and rinse the mouth with water after drinking the drinks. She said: "Both tactics increase saliva flow, which naturally helps to return the acidity levels in the mouth to normal."

Source: www.agd.org

WARM-UPS

1. ENERGY DRINKS: Walk around the class and talk to other students about energy drinks. Change partners often. Sit with your first partner(s) and share your findings.

2. CHAT: In pairs / groups, decide which of these topics or words from the article are most interesting and which are most boring.

energy drinks / irreversible damage / damaging / acidity / enamel / bathing / fillings / teenagers / brushing teeth / more harm than good / chewing gum / rinse the mouth

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

3. TEETH: How best to protect them? Complete this table with your partner(s). Change partners and share what you wrote. Change and share again.

	What are the dangers?	How can we protect our teeth?
Candy		
Coffee		
Sports		
Gum disease		
Teeth whitening		
Smoking		

4. PERFECT: Students A **strongly** believe everyone in the future will have perfectly white, straight teeth with no decay; Students B **strongly** believe not. Change partners again and talk about your conversations.

5. TEETH STUFF: Which of these things do you least like? Rank them and share your rankings with your partner. Put your least liked at the top. Change partners and share your rankings again.

- brushing your teeth
- fillings
- dentists
- food stuck between your teeth
- very cold water on sensitive teeth
- the colour of your teeth
- biting your tongue by mistake
- dentures (false teeth)

6. TOOTH DECAY: Spend one minute writing down all of the different words you associate with the term 'tooth decay'. Share your words with your partner(s) and talk about them. Together, put the words into different categories.

BEFORE READING / LISTENING

From http://www.BreakingNewsEnglish.com/1205/120507-energy_drinks.html

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

- | | |
|--|-------|
| a. Energy drinks cause more damage to your teeth than sports drinks. | T / F |
| b. Acid in energy drinks harm the enamel of our teeth. | T / F |
| c. A doctor said teenagers know of the harm energy drinks do to teeth. | T / F |
| d. The article says energy drinks lead to people having more cavities. | T / F |
| e. Up to 50% of U.S. teens drink at least one sports drink a day. | T / F |
| f. A doctor advised us to brush our teeth straight after a sports drink. | T / F |
| g. Another doctor recommended any kind of chewing gum. | T / F |
| h. Rinsing the mouth with water helps keep acidity levels mouth. | T / F |

2. SYNONYM MATCH: Match the following synonyms from the article.

- | | |
|-----------------|-----------------|
| 1. cause | a. wash |
| 2. irreversible | b. eat away at |
| 3. erode | c. cavities |
| 4. assuming | d. amounts |
| 5. tooth decay | e. damage |
| 6. consume | f. lead to |
| 7. harm | g. circulation |
| 8. rinse | h. eat or drink |
| 9. flow | i. irreparable |
| 10. levels | j. believing |

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

- | | |
|---|-----------------------------|
| 1. twice as damaging | a. levels |
| 2. high acidity | b. mouth with water |
| 3. the glossy outer layer | c. with acid |
| 4. assuming that | d. sports and energy drinks |
| 5. bathing their teeth | e. that protects the tooth |
| 6. American teenagers regularly consume | f. least an hour |
| 7. does more | g. they will improve |
| 8. wait at | h. as sports drinks |
| 9. rinse the | i. the acidity levels |
| 10. naturally helps to return | j. harm than good |

WHILE READING / LISTENING

From http://www.BreakingNewsEnglish.com/1205/120507-energy_drinks.html

GAP FILL: Put the words into the gaps in the text.

A new study has found that energy drinks and sports drinks (1) _____ irreversible damage to teeth, with energy drinks being (2) _____ as damaging as sports drinks. A report recently published in the (3) _____ "General Dentistry" found that the high acidity levels in the drinks erode tooth enamel, the glossy outer (4) _____ that protects the tooth. Lead author Dr Poonam Jain said: "Young adults consume these drinks (5) _____ that they will improve their sports performance and energy levels and that they are 'better' for them than soda....Most of these patients are (6) _____ to learn that these drinks are essentially (7) _____ their teeth with acid." This has led to an increase in tooth decay and the need for (8) _____.

journal
assuming
cause
fillings
bathing
twice
layer
shocked

The report says 30 to 50 per cent of American teenagers (9) _____ consume sports and energy drinks, with as many as 62 per cent drinking at (10) _____ one sports drink a day. It also says brushing teeth after drinking one of the drinks does more (11) _____ than good as this will spread the acid over the tooth enamel. The doctors advised people to wait at (12) _____ an hour before brushing your teeth. Dr Jennifer Bone of America's Academy of General Dentistry recommended people (13) _____ sugar-free chewing gum and rinse the mouth with water after drinking the drinks. She said: "Both (14) _____ increase saliva flow, which naturally helps to (15) _____ the acidity levels in the mouth to (16) _____."

return
least
least
normal
chew
regularly
harm
tactics

LISTENING – Listen and fill in the gaps

From http://www.BreakingNewsEnglish.com/1205/120507-energy_drinks.html

A new study has found that energy drinks and sports drinks cause irreversible damage to teeth, with energy drinks _____ as sports drinks. A report recently published in the journal "General Dentistry" found that the _____ in the drinks erode tooth enamel, the _____ that protects the tooth. Lead author Dr Poonam Jain said: "Young _____ drinks assuming that they will improve their sports performance and energy levels and that they are 'better' for them than soda...Most of these patients are shocked to learn that these drinks are _____ their teeth with acid." This has led to an increase in tooth decay and _____.

The report says 30 to 50 per cent of American teenagers _____ sports and energy drinks, with as many as 62 per cent drinking at least one sports drink a day. It also says brushing teeth after drinking one of the drinks does _____ as this will spread the acid over the tooth enamel. The doctors advised people to wait at least an hour before brushing your teeth. Dr Jennifer Bone of America's Academy of General Dentistry recommended _____ chewing gum and _____ with water after drinking the drinks. She said: "Both tactics _____, which naturally helps to _____ in the mouth to normal."

AFTER READING / LISTENING

From http://www.BreakingNewsEnglish.com/1205/120507-energy_drinks.html

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

tooth	decay
--------------	--------------

- 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">• cause• high• outer• improve• shocked• need	<ul style="list-style-type: none">• regularly• harm• wait• chew• rinse• normal
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ENERGY DRINKS SURVEY

From http://www.BreakingNewsEnglish.com/1205/120507-energy_drinks.html

Write five GOOD questions about energy drinks 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.

ENERGY DRINKS / TEETH DISCUSSION

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

- a) What did you think when you read the headline?
- b) What springs to mind when you hear the word 'energy drink'?
- c) What do you think of the idea of energy drinks?
- d) What do you think about what you read?
- e) Do you worry about your teeth?
- f) What can people do instead of drinking energy drinks?
- g) What do you know about tooth enamel?
- h) What are your experiences with tooth decay (cavities) and fillings?
- i) What do you think of the phrase "bathing their teeth with acid"?

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ENERGY DRINKS / TEETH DISCUSSION

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

- a) Did you like reading this article?
- b) What things in the article surprised or shocked you?
- c) Will you think twice from now about drinking energy and sports drinks?
- d) What do you think the makers of energy and sports drinks might say about the news in this article?
- e) Does this article mean that most U.S. teenagers have bad teeth?
- f) How good is gum for your teeth?
- g) Many energy drinks have high caffeine levels and are addictive. Should they be classified as a drug?
- h) Do you need to take better care of your teeth?
- i) What questions would you like to ask Dr Poonam Jain about this research?

LANGUAGE – MULTIPLE CHOICE

From http://www.BreakingNewsEnglish.com/1205/120507-energy_drinks.html

A new study has found that energy drinks and sports drinks (1) _____ irreversible damage to teeth, with energy drinks being twice as (2) _____ as sports drinks. A report recently published in the journal "General Dentistry" found that the high acidity levels in the drinks (3) _____ tooth enamel, the glossy (4) _____ layer that protects the tooth. Lead author Dr Poonam Jain said: "Young adults consume these drinks assuming that they will improve their sports performance and energy levels and that they are 'better' for (5) _____ than soda...Most of these patients are shocked to learn that these drinks are essentially bathing their teeth with acid." This has led to an increase in tooth decay and the need for (6) _____.

The report says 30 to 50 per cent of American teenagers regularly consume sports and energy drinks, with as (7) _____ as 62 per cent drinking at least one sports drink a day. It also says brushing teeth after drinking one of the drinks does more (8) _____ than good (9) _____ this will spread the acid over the tooth enamel. The doctors advised people to wait at least an hour (10) _____ brushing your teeth. Dr Jennifer Bone of America's Academy of General Dentistry recommended people chew sugar-free chewing gum and rinse the mouth (11) _____ water after drinking the drinks. She said: "Both tactics increase saliva flow, which naturally helps to return the acidity levels in the mouth to (12) _____."

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

- | | | | | |
|-----|----------------|---------------|-------------|-----------------|
| 1. | (a) causal | (b) causation | (c) causing | (d) cause |
| 2. | (a) damaged | (b) damaging | (c) damages | (d) damage |
| 3. | (a) erode | (b) deride | (c) parade | (d) elude |
| 4. | (a) outing | (b) out | (c) outer | (d) out-and-out |
| 5. | (a) these | (b) their | (c) them | (d) they |
| 6. | (a) upholstery | (b) fillings | (c) padding | (d) stuffing |
| 7. | (a) many | (b) most | (c) same | (d) less |
| 8. | (a) harmful | (b) harmed | (c) harms | (d) harm |
| 9. | (a) was | (b) as | (c) is | (d) has |
| 10. | (a) after | (b) via | (c) then | (d) before |
| 11. | (a) as | (b) all | (c) with | (d) warm |
| 12. | (a) normal | (b) standard | (c) common | (d) established |

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 energy and sports drinks and the damage they do to the teeth. Share what you discover with your partner(s) in the next lesson.

3. TEETH: Make a poster about how to look after your teeth. Show your work to your classmates in the next lesson. Did you all have similar things?

4. ENERGY DRINKS: Write a magazine article about the damage energy and sports drinks do to your teeth. Include imaginary interviews with a dentist and the CEO of an energy drink maker.

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. LETTER: Write a letter to a dentist. Ask him/her three questions about energy drinks and tooth decay. Give him/her three of your opinions. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE:

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

SYNONYM MATCH:

- | | |
|-----------------|-----------------|
| 1. cause | a. lead to |
| 2. irreversible | b. irreparable |
| 3. erode | c. eat away at |
| 4. assuming | d. believing |
| 5. tooth decay | e. cavities |
| 6. consume | f. eat or drink |
| 7. harm | g. damage |
| 8. rinse | h. wash |
| 9. flow | i. circulation |
| 10. levels | j. amounts |

PHRASE MATCH:

- | | |
|---|-----------------------------|
| 1. twice as damaging | a. as sports drinks |
| 2. high acidity | b. levels |
| 3. the glossy outer layer | c. that protects the tooth |
| 4. assuming that | d. they will improve |
| 5. bathing their teeth | e. with acid |
| 6. American teenagers regularly consume | f. sports and energy drinks |
| 7. does more | g. harm than good |
| 8. wait at | h. least an hour |
| 9. rinse the | i. mouth with water |
| 10. naturally helps to return | j. the acidity levels |

GAP FILL:

Energy drinks irreversibly damage teeth

A new study has found that energy drinks and sports drinks (1) **cause** irreversible damage to teeth, with energy drinks being (2) **twice** as damaging as sports drinks. A report recently published in the (3) **journal** "General Dentistry" found that the high acidity levels in the drinks erode tooth enamel, the glossy outer (4) **layer** that protects the tooth. Lead author Dr Poonam Jain said: "Young adults consume these drinks (5) **assuming** that they will improve their sports performance and energy levels and that they are 'better' for them than soda....Most of these patients are (6) **shocked** to learn that these drinks are essentially (7) **bathing** their teeth with acid." This has led to an increase in tooth decay and the need for (8) **fillings**.

The report says 30 to 50 per cent of American teenagers (9) **regularly** consume sports and energy drinks, with as many as 62 per cent drinking at (10) **least** one sports drink a day. It also says brushing teeth after drinking one of the drinks does more (11) **harm** than good as this will spread the acid over the tooth enamel. The doctors advised people to wait at (12) **least** an hour before brushing your teeth. Dr Jennifer Bone of America's Academy of General Dentistry recommended people (13) **chew** sugar-free chewing gum and rinse the mouth with water after drinking the drinks. She said: "Both (14) **tactics** increase saliva flow, which naturally helps to (15) **return** the acidity levels in the mouth to (16) **normal**."

LANGUAGE WORK

- 1 - d 2 - b 3 - a 4 - c 5 - c 6 - b 7 - a 8 - d 9 - b 10 - d 11 - c 12 - a