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Level 6 – 15th November, 2018

Calls for ban on sugary 'freakshake' milkshakes

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

<https://breakingnewsenglish.com/1811/181115-freakshake-milkshakes.html>

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/1811/181115-freakshake-milkshakes.html>

There are calls in the UK to ban the latest phenomenon to shock health and nutrition experts. The campaign group Action on Sugar wants to ban the "freakshake" - a "monstrous" milkshake packed with "grotesque" levels of sugar. Action on Sugar said the shake should be banned from restaurants and cafes as it can contain up to 1,280 calories. An adult would have to go jogging for three hours to burn off those calories. Freakshakes are usually full of sweetened whipped cream, chocolate bars, mini-doughnuts and even slices of cake. One freakshake tested contained 39 teaspoons of sugar. This is more than six times the recommended daily amount of sugar for a 10-year-old, and the equivalent of four cans of Coke.

Freakshakes originated in Australia and spread around the world on social media. Two restaurants mentioned in the Action on Sugar report fought back and said they took nutrition seriously. One said it was adhering to a national sugar-reduction programme and was not targeting children with excessively high-calorie shakes. A restaurant spokesperson said: "Freakshakes only feature on our main menu and are not targeted at children. We share our nutritional information online for guests to access....We regularly work with our suppliers to explore ways we can reduce sugar levels in our dishes." A public health spokesman said the government needed to put a limit of 300kcal per serving on all shakes.

Sources: <https://www.mirror.co.uk/news/uk-news/freakshake-ban-pushed-because-monstrous-13582337>
<https://www.thesun.co.uk/fabulous/7726420/sugar-milkshake-possible-ban-toby-carvery-pizza-hut-mcdonalds/>
<https://metro.co.uk/2018/11/13/milkshakes-containing-39-tablespoons-of-sugar-should-be-banned-campaigners-say-8133706/?ito=cbshare>

WARM-UPS

1. FREAKSHAKES: Students walk around the class and talk to other students about freakshakes. 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?

ban / phenomenon / monstrous / milkshake / banned / jogging / cream / chocolate / Australia / social media / nutrition / calories / menu / information / public health

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

3. LIMIT: Students A **strongly** believe there should be a limit on calories for restaurant food; Students B **strongly** believe there shouldn't. Change partners again and talk about your conversations.

4. NUTRITION: How nutritious are these? How could they be healthier? Complete this table with your partner(s). Change partners often and share what you wrote.

	How nutritious?	Making it healthier
Milkshakes		
Ice cream		
Pizza		
French fries		
Hamburgers		
Donuts		

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

6. SUGARY STUFF: Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- ice cream
- milkshake
- chocolate brownie
- cotton candy
- apple pie
- cheesecake
- tiramisu
- cookies

VOCABULARY MATCHING

Paragraph 1

- | | |
|----------------|---|
| 1. phenomenon | a. A person who has a comprehensive and authoritative knowledge of or skill in a particular area. |
| 2. nutrition | b. Extremely and crazily large. |
| 3. monstrous | c. Everything in food and drink that is necessary for our growth and good health. |
| 4. grotesque | d. Having the same or a similar effect as. |
| 5. experts | e. A remarkable person, thing, or event. |
| 6. recommended | f. Inappropriate to a shocking degree. |
| 7. equivalent | g. Advised or suggested something as a course of action. |

Paragraph 2

- | | |
|-----------------|--|
| 8. originated | h. To a greater degree or in greater amounts than is necessary, normal, or desirable. |
| 9. mentioned | i. Get, obtain, or examine information, data or a file. |
| 10. adhering | j. Be a significant characteristic of or take an important part in. |
| 11. excessively | k. Referred to something briefly and without going into detail. |
| 12. feature | l. A person or organization that provides something needed such as a product or service. |
| 13. access | m. Created or started. |
| 14. suppliers | n. Believe in and follow the practices of something. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/1811/181115-freakshake-milkshakes.html>

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

- a. A group called Action on Sugar is campaigning against a "freakshake". **T / F**
- b. One freakshake had 1,280 calories. **T / F**
- c. The freakshake has the equivalent of 39 tablespoons of sugar. **T / F**
- d. The freakshake has the same amount of sugar as four cans of Coke. **T / F**
- e. The freakshake originally came from Austria. **T / F**
- f. A restaurant said it was not targeting children with its freakshake. **T / F**
- g. The restaurant is trying to reduce the sugar in its food. **T / F**
- h. A public health spokesman wants a limit of 300kcal on milkshakes. **T / F**

2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- | | |
|----------------------|-------------------|
| 1. calls | a. portion |
| 2. shock | b. quantity |
| 3. grotesque | c. started |
| 4. contain | d. outrage |
| 5. amount | e. sticking |
| 6. originated | f. outrageous |
| 7. adhering | g. look into |
| 8. feature | h. include |
| 9. explore | i. appeals |
| 10. serving | j. characteristic |

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

- | | |
|---|--------------------------|
| 1. nutrition | a. children |
| 2. three hours to burn | b. daily amount |
| 3. One freakshake tested contained 39 | c. reduction programme |
| 4. more than six times the recommended | d. off those calories |
| 5. the equivalent of | e. serving on all shakes |
| 6. Freakshakes originated | f. experts |
| 7. it was adhering to a national sugar- | g. with our suppliers |
| 8. targeting | h. in Australia |
| 9. We regularly work | i. four cans of Coke |
| 10. put a limit of 300kcal per | j. teaspoons of sugar |

GAP FILL

From <https://breakingnewsenglish.com/1811/181115-freakshake-milkshakes.html>

There are calls in the UK to ban the (1) _____ phenomenon to shock health and nutrition experts. The campaign group Action on Sugar wants to ban the "freakshake" - a "monstrous" milkshake (2) _____ with "grotesque" (3) _____ of sugar. Action on Sugar said the shake should be banned from restaurants and cafes as it can (4) _____ up to 1,280 calories. An adult would have to go jogging for three hours to (5) _____ off those calories. Freakshakes are usually full of (6) _____ whipped cream, chocolate bars, mini-doughnuts and even slices of cake. One freakshake tested contained 39 teaspoons of sugar. This is more than six times the recommended (7) _____ amount of sugar for a 10-year-old, and the (8) _____ of four cans of Coke.

burn

levels

equivalent

sweetened

latest

daily

contain

packed

Freakshakes (9) _____ in Australia and spread around the world on social media. Two restaurants mentioned in the Action on Sugar report fought back and said they took (10) _____ seriously. One said it was (11) _____ to a national sugar-reduction programme and was not targeting children with (12) _____ high-calorie shakes. A restaurant spokesperson said: "Freakshakes only (13) _____ on our main menu and are not targeted at children. We share our nutritional information online for (14) _____ to access....We regularly work with our suppliers to explore ways we can reduce sugar levels in our (15) _____." A public health spokesman said the government needed to put a (16) _____ of 300kcal per serving on all shakes.

excessively

nutrition

dishes

feature

limit

originated

adhering

guests

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/1811/181115-freakshake-milkshakes.html>

- 1) ban the latest phenomenon to shock health and _____
 - a. nutritional experts
 - b. nutrition expertise
 - c. nutrition expert
 - d. nutrition experts
- 2) the "freakshake" - a "monstrous" milkshake packed with _____ of sugar
 - a. "grotesquely" levels
 - b. "grotesque" levels
 - c. "grotesque" level
 - d. "grotesquely" level
- 3) An adult would have to go jogging for three hours to _____ calories
 - a. burnt off those
 - b. burns off those
 - c. burned off those
 - d. burn off those
- 4) doughnuts and even slices of cake. One freakshake tested contained _____ sugar
 - a. 39 tease spoons of
 - b. 39 T-spoons of
 - c. 39 teas spoons of
 - d. 39 teaspoons of
- 5) daily amount of sugar for a 10-year-old, and the _____ cans of Coke
 - a. equivalent of four
 - b. equivalence of four
 - c. equivalency of four
 - d. equivalent of four
- 6) mentioned in the Action on Sugar report fought back and said they took _____
 - a. nutrition serious see
 - b. nutrition series see
 - c. nutrition cereals see
 - d. nutrition seriously
- 7) sugar-reduction programme and was not targeting children with _____-calorie shakes
 - a. excessively highs
 - b. excessively height
 - c. excessively high
 - d. excessively highly
- 8) Freakshakes only feature on our main menu and are _____ children
 - a. not target it at
 - b. not target at it
 - c. not targeted at
 - d. not target that
- 9) We share our nutritional information online for _____
 - a. guest to access
 - b. guessed to excess
 - c. gusts to assess
 - d. guests to access
- 10) We regularly work with our suppliers to explore ways we can reduce sugar levels _____
 - a. in our dishes
 - b. inner dishes
 - c. in hour dishes
 - d. in hour dish is

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/1811/181115-freakshake-milkshakes.html>

There are calls in the UK to ban (1) _____ to shock health and nutrition experts. The campaign group Action on Sugar wants to ban the "freakshake" - a "monstrous" milkshake packed (2) _____ of sugar. Action on Sugar said the shake should be banned from restaurants and cafes as it can (3) _____ 1,280 calories. An adult would have to go jogging for three hours to burn off those calories. Freakshakes are usually (4) _____ whipped cream, chocolate bars, mini-doughnuts and even slices of cake. One freakshake tested contained 39 (5) _____. This is more than six times the recommended daily amount of sugar for a 10-year-old, and (6) _____ four cans of Coke.

Freakshakes originated in Australia (7) _____ the world on social media. Two restaurants mentioned in the Action on Sugar report (8) _____ said they took nutrition seriously. One said it was adhering to a national sugar-reduction programme and was not targeting children with excessively (9) _____. A restaurant spokesperson said: "Freakshakes only feature on our main menu and are not targeted at children. We share our nutritional information (10) _____ to access....We regularly work with our suppliers to explore ways we can reduce sugar levels (11) _____." A public health spokesman said the government needed to put a limit of 300kcal (12) _____ all shakes.

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/1811/181115-freakshake-milkshakes.html>

1. What is the name of the campaign group mentioned in the article?
2. What did the campaign group call the level of sugar in the freakshake?
3. How many calories were in one freakshake?
4. How many teaspoons of sugar are in the freakshake?
5. How many cans of Coke is the freakshake the equivalent of in sugar?
6. Where did freakshakes originate?
7. What kind of programme was a restaurant sticking to?
8. Who did a restaurant say it was not targeting?
9. What did the restaurant say it was trying to reduce in its dishes?
10. What calorie limit did a health spokesman suggest for freakshakes?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/1811/181115-freakshake-milkshakes.html>

- 1) What is the name of the campaign group mentioned in the article?
 - a) Sweet Tooth
 - b) Action on Sugar
 - c) Sugary War
 - d) War on Sugar
- 2) What did the campaign group call the level of sugar in the freakshake?
 - a) high
 - b) sweet
 - c) sugary
 - d) grotesque
- 3) How many calories were in one freakshake?
 - a) 1,280
 - b) 1,380
 - c) 1,180
 - d) 1,480
- 4) How many teaspoons of sugar are in the freakshake?
 - a) 20
 - b) 28
 - c) 39
 - d) 59
- 5) How many cans of Coke is the freakshake the equivalent of in sugar?
 - a) 3
 - b) 4
 - c) 5
 - d) 6
- 6) Where did freakshakes originate?
 - a) Australia
 - b) England
 - c) USA
 - d) Brazil
- 7) What kind of programme was a restaurant sticking to?
 - a) its plans
 - b) its recipes
 - c) a sugar-reduction programme
 - d) its menus
- 8) Who did a restaurant say it was not targeting?
 - a) children
 - b) dentists
 - c) sugar growers
 - d) cake shops
- 9) What did the restaurant say it was trying to reduce in its dishes?
 - a) sugar levels
 - b) weight
 - c) sweetness
 - d) calories
- 10) What calorie limit did a health spokesman suggest for freakshakes?
 - a) 400kcal
 - b) 200kcal
 - c) 600kcal
 - d) 300kcal

ROLE PLAY

From <https://breakingnewsenglish.com/1811/181115-freakshake-milkshakes.html>

Role A – Milkshakes

You think milkshakes are the best sweet things. Tell the others three reasons why. Tell them what is wrong with their sweet things. Also, tell the others which is the least tasty of these (and why): brownies, apple pie or tiramisu.

Role B – Brownies

You think brownies are the best sweet things. Tell the others three reasons why. Tell them what is wrong with their sweet things. Also, tell the others which is the least tasty of these (and why): milkshakes, apple pie or tiramisu.

Role C – Apple Pie

You think apple pie is the best sweet thing. Tell the others three reasons why. Tell them what is wrong with their sweet things. Also, tell the others which is the least tasty of these (and why): brownies, milkshakes or tiramisu.

Role D – Tiramisu

You think tiramisu is the best sweet thing. Tell the others three reasons why. Tell them what is wrong with their sweet things. Also, tell the others which is the least tasty of these (and why): brownies, apple pie or milkshakes.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/1811/181115-freakshake-milkshakes.html>

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

freak	shake

- 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">• experts• packed• cafes• usually• even• four	<ul style="list-style-type: none">• spread• fought• national• main• explore• 300
--	---

FREAKSHAKES SURVEY

From <https://breakingnewsenglish.com/1811/181115-freakshake-milkshakes.html>

Write five GOOD questions about freakshakes 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.

FREAKSHAKES 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 'freak'?
3. What do you think of milkshakes?
4. Would you like to try a freakshake?
5. How nutritious are milkshakes?
6. Should the freakshakes be banned?
7. Why do people "invent" things like freakshakes?
8. How tasty might a freakshake be?
9. How bad is eating 30 teaspoons of sugar?
10. What do you think of the words "freak" and "freakshake"?

Calls for ban on sugary 'freakshake' milkshakes – 15th November, 2018
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FREAKSHAKES 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 'milkshake'?
13. What do you think about what you read?
14. Do restaurants have a duty not to sell high-calorie food?
15. Have people become addicted to unhealthy food?
16. How often would you buy your child a freakshake?
17. Should calorie information be on restaurant menus?
18. Do you believe the restaurant that said it was reducing sugar levels?
19. How bad is it to target freakshakes at children?
20. What questions would you like to ask freakshake restaurants?

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/1811/181115-freakshake-milkshakes.html>

There are calls in the UK to ban the (1) _____ phenomenon to shock health and nutrition experts. The campaign group Action on Sugar wants to ban the "freakshake" - a "monstrous" milkshake (2) _____ with "grotesque" levels of sugar. Action on Sugar said the shake should be banned from restaurants and cafes as it can contain up to 1,280 calories. An adult would have to go jogging for three hours to (3) _____ off those calories. Freakshakes are usually full of (4) _____ whipped cream, chocolate bars, mini-doughnuts and (5) _____ slices of cake. One freakshake tested contained 39 teaspoons of sugar. This is more than six times the recommended daily amount of sugar for a 10-year-old, and the (6) _____ of four cans of Coke.

Freakshakes (7) _____ in Australia and spread around the world on social media. Two restaurants mentioned in the Action on Sugar report fought (8) _____ and said they took nutrition seriously. One said it was (9) _____ to a national sugar-reduction programme and was not targeting children with excessively high-calorie shakes. A restaurant spokesperson said: "Freakshakes only (10) _____ on our main menu and are not targeted at children. We share our nutritional information online for guests to access....We regularly work with our suppliers to (11) _____ ways we can reduce sugar levels in our dishes." A public health spokesman said the government needed to put a limit of 300kcal per (12) _____ on all shakes.

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

- | | | | | |
|-----|---------------|----------------|---------------|-----------------|
| 1. | (a) latest | (b) lately | (c) late | (d) later |
| 2. | (a) picked | (b) pecked | (c) packed | (d) pocked |
| 3. | (a) shake | (b) eat | (c) burn | (d) whip |
| 4. | (a) sweetener | (b) sweets | (c) sweetie | (d) sweetened |
| 5. | (a) even | (b) ever | (c) every | (d) event |
| 6. | (a) equals | (b) equivalent | (c) equality | (d) equivalence |
| 7. | (a) founded | (b) born | (c) invented | (d) originated |
| 8. | (a) in | (b) back | (c) on | (d) up |
| 9. | (a) tacking | (b) gluing | (c) adhering | (d) plastering |
| 10. | (a) function | (b) feature | (c) nutrients | (d) picture |
| 11. | (a) venture | (b) gear | (c) seeking | (d) explore |
| 12. | (a) servant | (b) serving | (c) server | (d) service |

SPELLING

From <https://breakingnewsenglish.com/1811/181115-freakshake-milkshakes.html>

Paragraph 1

1. ban the latest noehomnepn
2. health and nutrition eeptxsr
3. packed with "etogrsuqe" levels of sugar
4. burn off those lcaeoirs
5. six times the cdeommrened daily amount
6. the teluanqive of four cans of Coke

Paragraph 2

7. freakshakes aingdrotie in Australia
8. One said it was erhndiga
9. ivesleyecx high-calorie shakes
10. uaterfe on our main menu
11. pxeeorl ways we can reduce sugar levels
12. 300kcal per nsgervi on all shakes

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/1811/181115-freakshake-milkshakes.html>

Number these lines in the correct order.

- () menu and are not targeted at children. We share our nutritional information online for guests
- () to access....We regularly work with our suppliers to explore ways we can reduce sugar levels in our dishes." A public
- () of sugar. Action on Sugar said the shake should be banned from restaurants and cafes as it can contain up
- () excessively high-calorie shakes. A restaurant spokesperson said: "Freakshakes only feature on our main
- () for a 10-year-old, and the equivalent of four cans of Coke.
- () adhering to a national sugar-reduction programme and was not targeting children with
- () Freakshakes originated in Australia and spread around the world on social media. Two restaurants mentioned
- () in the Action on Sugar report fought back and said they took nutrition seriously. One said it was
- () 39 teaspoons of sugar. This is more than six times the recommended daily amount of sugar
- () to 1,280 calories. An adult would have to go jogging for three hours to burn off those calories. Freakshakes are usually full
- () health spokesman said the government needed to put a limit of 300kcal per serving on all shakes.
- () of sweetened whipped cream, chocolate bars, mini-doughnuts and even slices of cake. One freakshake tested contained
- () group Action on Sugar wants to ban the "freakshake" - a "monstrous" milkshake packed with "grotesque" levels
- (**1**) There are calls in the UK to ban the latest phenomenon to shock health and nutrition experts. The campaign

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/1811/181115-freakshake-milkshakes.html>

1. phenomenon latest The experts . nutrition shock to
2. with grotesque milkshake packed A of levels sugar .
3. calories . off for Go hours burn to jogging
4. tested freakshake 39 One of contained teaspoons sugar .
5. sugar . times Six of the daily recommended amount
6. they restaurants took said Two nutrition seriously .
7. menu . Freakshakes only feature our on main
8. share guests . online nutritional information our We for
9. can our sugar reduce in We levels dishes .
10. limit 300kcal on shakes . serving of per A

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/1811/181115-freakshake-milkshakes.html>

There are calls in the UK to ban the *last / latest* phenomenon to shock health and nutrition experts. The campaign group Action on Sugar wants to *bin / ban* the "freakshake" - a "monstrous" milkshake *packed / peaked* with "grotesque" levels of sugar. Action on Sugar said the shake should be banned from restaurants and cafes as it can *contents / contain* up to 1,280 calories. An adult would have to go jogging for three hours to *burnt / burn* off those calories. Freakshakes are usually full of *sweetie / sweetened* whipped cream, chocolate bars, mini-doughnuts and even *sliced / slices* of cake. One freakshake *tested / testing* contained 39 teaspoons of sugar. This is more than six times the *recommendation / recommended* daily amount of sugar for a 10-year-old, and the *equal / equivalent* of four cans of Coke.

Freakshakes *originated / origins* in Australia and spread around the world on social media. Two restaurants *mentioned / mentioning* in the Action on Sugar report fought back and said they took nutrition *serious / seriously*. One said it was adhering to a national sugar-reduction programme and was not *targeting / aiming* children with excessively high-calorie *shakes / stakes*. A restaurant spokesperson said: "Freakshakes only *feature / future* on our main menu and are not targeted *on / at* children. We share our nutritional information online for guests to access....We regularly work with our suppliers to *expire / explore* ways we can reduce sugar levels in our dishes." A public *healthy / health* spokesman said the government needed to put a limit of 300kcal per *serving / serve* on all shakes.

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/1811/181115-freakshake-milkshakes.html>

Th_r_ _r_ c_lls _n th_ UK t_ b_n th_ l_t_s t p
h_n_m_n_ t_ sh_ck h__lth _nd n_tr_t__n _xp_r
t_s. Th_ c_m_p__g_n g_r__p A_c_t__n _n S_g_r
w_n_t_s t_ b_n th_ "fr__ksh_k_" - _ "m_nst
r__s" m_lksh_k_ p_ck_d w_t_h "gr_t_sq__"
l_v_l_s _f_s_g_r. A_c_t__n _n S_g_r s__d th_s
h_k_ sh__ld b_ b_nnd fr_m r_st__r_n_t_s _nd
c_f_s _s _t c_n c_n_t__n _p_t_ 1, 280 c_l_r__s.
A_n _d_l_t w__ld h_v_ t_ g_ j_g_g_n_g fr thr__
h__r_s t_ b_r_n _f_f th_s_ c_l_r__s. Fr__k_s
h_k_s _r_ _s__lly f_ll _f_s_w__t_n_d wh_pp_d c
r__m, ch_c_l_t_ b_r_s, m_n_-d__gh_n_t_s _nd
_v_n_s_l_c_s _f_c_k_. O_n_ fr__ksh_k_ t_s_t_d c_n
t__n_d 39 t__sp__n_s _f_s_g_r. Th_s _s m_r_
th_n_s_x t_m_s th_r_c_m_m_n_d_d d__ly _m__nt
_f_s_g_r fr_ 10-y__r_-ld, _nd th_ _q__v_l_n
t_ _f_f__r_c_n_s _f_C_k_.

Fr__ksh_k_s _r_g_n_t_d _n A_s_t_r_l__ _nd s_p_r__
d _r__nd th_ w_rld _n_s_c__l_m_d__. Tw_r_s
t__r_n_t_s m_n_t__n_d _n th_ A_c_t__n _n S_g_r
r_p_r_t f__gh_t b_ck _nd s__d th_y t__k_n_t
r_t__n_s_r__s_ly. O_n_ s__d _t_w_s _d_h_r_n_g
t__n_t__n_l_s_g_r-r_d_c_t__n_p_r_g_r_m_m__nd
w_s_n_t_t_r_g_t_n_g ch_l_d_r_n w_t_h _x_c_s_s_v_ly
h_g_h-c_l_r__sh_k_s. A_r_s_t__r_n_t_s_p_k_s_p_r
s_n_s__d: "Fr__ksh_k_s _n_ly f__t_r__n__r
m__n_m_n_ _nd _r_n_t_t_r_g_t_d_t_ch_l_d_r_n.
W_sh_r_ __r_n_tr_t__n_l_n_f_r_m_t__n_n_l_n_f_r
g__s_t_s t__c_c_s_s... W_r_g_l_r_ly w_r_k_w_t_h
__r_s_p_p_l__r_s t__x_p_l_r_w_y_s w_c_n_r_d_c_
s_g_r_l_v_l_s _n __r_d_s_h_s." A_p_b_l_c_h__l_th
s_p_k_s_m_n_s__d th_g_v_r_n_m_n_t_n__d_d_t_p_t
_l_m_t _f 300k c_l_p_r_s_r_v_n_g _n _l_l_s_h_k_s
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PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/1811/181115-freakshake-milkshakes.html>

there are calls in the uk to ban the latest phenomenon to shock health and nutrition experts the campaign group action on sugar wants to ban the freakshake a monstrous milkshake packed with grotesque levels of sugar action on sugar said the shake should be banned from restaurants and cafes as it can contain up to 1280 calories an adult would have to go jogging for three hours to burn off those calories freakshakes are usually full of sweetened whipped cream chocolate bars minidoughnuts and even slices of cake one freakshake tested contained 39 teaspoons of sugar this is more than six times the recommended daily amount of sugar for a 10yearold and the equivalent of four cans of coke

freakshakes originated in australia and spread around the world on social media two restaurants mentioned in the action on sugar report fought back and said they took nutrition seriously one said it was adhering to a national sugar reduction programme and was not targeting children with excessively high calorie shakes a restaurant spokesperson said freakshakes only feature on our main menu and are not targeted at children we share our nutritional information online for guests to access we regularly work with our suppliers to explore ways we can reduce sugar levels in our dishes a public health spokesman said the government needed to put a limit of 300kcal per serving on all shakes.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1811/181115-freakshake-milkshakes.html>

There are calls in the UK to ban the latest phenomenon to shock health and nutrition experts. The campaign group Action on Sugar wants to ban the "freakshake" - a "monstrous" milkshake packed with "grotesque" levels of sugar. Action on Sugar said the shakes should be banned from restaurants and cafes as it can contain up to 1,280 calories. An adult would have to go jogging for three hours to burn off those calories. Freakshakes are usually full of sweetened whipped cream, chocolate bars, mini-doughnuts and even slices of cake. One freakshake tested contained 39 teaspoons of sugar. This is more than six times the recommended daily amount of sugar for a 10-year-old, and the equivalent of four cans of Coke. Freakshakes originated in Australia and spread around the world on social media. Two restaurants mentioned in the Action on Sugar report fought back and said they took nutrition seriously. One said it was adhering to an national sugar-reduction programme and was not targeting children with excessively high-calorie shakes. A restaurant spokesperson said: "Freakshakes only feature on our main menu and are not targeted at children. We share our nutritional information online for guests to access.... We regularly work with our suppliers to explore ways we can reduce sugar levels in our dishes." A public health spokesman said the government needed to put a limit of 300 kcal per serving on all shakes.

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. FREAKSHAKES: Make a poster about freakshakes. Show your work to your classmates in the next lesson. Did you all have similar things?

4. CALORIES: Write a magazine article about governments limiting the number of calories in food. 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 freakshakes. Ask him/her three questions about them. Give him/her three of your opinions on freakshakes. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

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

TRUE / FALSE (p.5)

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

SYNONYM MATCH (p.5)

- | | |
|---------------|-------------------|
| 1. calls | a. appeals |
| 2. shock | b. outrage |
| 3. grotesque | c. outrageous |
| 4. contain | d. include |
| 5. amount | e. quantity |
| 6. originated | f. started |
| 7. adhering | g. sticking |
| 8. feature | h. characteristic |
| 9. explore | i. look into |
| 10. serving | j. portion |

COMPREHENSION QUESTIONS (p.9)

- Action on Sugar
- Grotesque
- 1,280
- 39
- Four
- Australia
- A sugar-reduction programme
- Children
- Sugar levels
- 300kcal

WORDS IN THE RIGHT ORDER (p.20)

- The latest phenomenon to shock nutrition experts.
- A milkshake packed with grotesque levels of sugar.
- Go jogging for hours to burn off calories.
- One freakshake tested contained 39 teaspoons of sugar.
- Six times the recommended daily amount of sugar.
- Two restaurants said they took nutrition seriously.
- Freakshakes only feature on our main menu.
- We share our nutritional information online for guests.
- We can reduce sugar levels in our dishes.
- A limit of 300kcal per serving on shakes.

MULTIPLE CHOICE - QUIZ (p.10)

1. b 2. d 3. a 4. c 5. b 6. a 7. c 8. a 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 ;-)