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Level 2 – 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-2.html>

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

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THE READING

From <https://breakingnewsenglish.com/2011/201101-diet-soda-2.html>

People drink diet soda to diet. They think these drinks are healthier than fizzy drinks. A new study says "diet" versions of sugary drinks can be as bad for our heart as sugar-filled fizzy drinks. The researchers said people should avoid diet sodas and other artificially sweetened drinks if they want to stay healthy. They said artificial sweeteners in diet drinks are not healthy. 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...and diabetes."

The research is published in an American cardiology journal. Researchers looked at data from 100,000 people. The people recorded their diet, activity level, and health status twice a year. The researchers said: "Higher intakes of...artificially sweetened beverages were associated with a higher risk of [heart] disease." They said artificially sweetened drinks were not so healthy. 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-2.html>

PARAGRAPH ONE:

- | | |
|---------------------------|-----------------|
| 1. People drink diet soda | a. our heart |
| 2. healthier than fizzy | b. news |
| 3. as bad for | c. to diet |
| 4. sugar-filled | d. gain |
| 5. A heart | e. fizzy drinks |
| 6. a safe substitute | f. specialist |
| 7. fake | g. drinks |
| 8. associated with weight | h. for sugar |

PARAGRAPH TWO:

- | | |
|-----------------------------|-----------------------|
| 1. an American cardiologist | a. level |
| 2. data from 100,000 | b. diets |
| 3. activity | c. and more water |
| 4. a higher risk | d. journal |
| 5. artificially sweetened | e. sweetened beverage |
| 6. Water, water, | f. of heart disease |
| 7. artificially | g. drinks |
| 8. in children's | h. people |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2011/201101-diet-soda-2.html>

People drink diet (1) _____. They think these drinks are healthier than fizzy drinks. A new study says "diet" versions (2) _____ can be as bad for our heart as sugar-filled fizzy drinks. The researchers said (3) _____ diet sodas and other artificially sweetened drinks if they want to stay healthy. They said artificial sweeteners in diet drinks (4) _____. A heart specialist said: "The belief that artificial sweeteners are a (5) _____ sugar is fake news." He added: "Artificial sweeteners have been associated (6) _____...and diabetes."

The research (7) _____ an American cardiology journal. Researchers looked (8) _____ 100,000 people. The people recorded their diet, activity level, and health (9) _____ year. The researchers said: "Higher intakes of...artificially sweetened beverages (10) _____ a higher risk of [heart] disease." They said artificially sweetened drinks were not so healthy. They added: "Water, water, (11) _____ should be the [drink] of choice. Given childhood obesity, no sweetened or artificially sweetened beverage should be... (12) _____."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2011/201101-diet-soda-2.html>

People drink diet soda to diet. They think these drinks are healthier than fizzy drinks. A new study says "diet" versions of sugary drinks can be as bad for our hearts as sugar-filled fizzy drinks. The researchers said people should avoid diet soda and other artificially sweetened drinks if they want to stay healthy. They said artificial sweeteners in diet drinks are not healthy. 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... and diabetes." The research is published in an American cardiology journal. Researchers looked at data from 100,000 people. The people recorded their diet, activity level, and health status twice a year. The researchers said: "Higher intakes of... artificially sweetened beverages were associated with a higher risk of [heart] disease." They said artificially sweetened drinks were not so healthy. They added: "Water, water, and more water should be the [drink] of choice. Given childhood obesity, no sweetened or artificially sweetened beverages should be... in children's diets."

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) _____

