

U.K. considers tax on sugary and salty snacks

19th July, 2021



The UK is considering several measures to help people eat more healthily. The government asked a food expert to come up with some ideas. The expert is Henry Dimbleby, the founder of a chain of restaurants. Mr Dimbleby

created the National Food Strategy and presented it to the UK government earlier this week. The strategy included two main ideas. One is a tax on food containing salt and sugar, which the media have called a "snack tax". The second idea is to give vegetables to poorer people for free. Mr Dimbleby warned that what we eat, and how it is produced, is doing "terrible damage" to the environment and to our health. Poor diet leads to 64,000 deaths a year in England and puts great pressure on hospitals.

Despite the government asking for the strategy, Prime Minister Boris Johnson is not happy with it. He said he could not support it because he was "not attracted to the idea of extra taxes on hard-working people". Mr Johnson said the strategy could increase the price of snack food by up to 13 per cent. He added that the best way to tackle obesity and to encourage healthier lifestyles was for people to exercise and eat less junk food. Mr Dimbleby said: "With the right leadership from government, it is well within our power to change the system so it makes both us and the planet healthier." He added: "We must now seize the moment to build a better food system for our children and grandchildren."

Sources: [ft.com](https://www.ft.com) / [bbc.co.uk](https://www.bbc.com/news/health) / [thesun.co.uk](https://www.thesun.com)

Writing

There should be a big tax on all unhealthy food. Discuss.

Chat

Talk about these words from the article.

measures / government / food / expert / chain / salt / sugar / vegetables / damage / strategy / happy / taxes / snack food / obesity / lifestyles / leadership / power / build

True / False

- 1) The UK government asked a food expert to help keep people healthier. T / F
- 2) The food expert once started a chain of restaurants. T / F
- 3) The expert recommended giving poor people free vegetables. T / F
- 4) The expert said poor diets kill 64,000 people a year in the UK. T / F
- 5) The UK Prime Minister is happy with the food expert's ideas. T / F
- 6) A tax could increase the price of snacks by 13 per cent. T / F
- 7) The prime minister said exercise was best to reduce obesity. T / F
- 8) The food expert said a better power system was needed. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|------------------------|-------------------|
| 1. considering | a. plan |
| 2. come up with | b. back |
| 3. strategy | c. stress |
| 4. terrible | d. take |
| 5. pressure | e. thinking about |
| 6. support | f. deal with |
| 7. increase | g. really bad |
| 8. tackle | h. correct |
| 9. right | i. thought of |
| 10. seize | j. raise |

Discussion – Student A

- a) What do you think about what you read?
- b) How can we get people to eat healthier food?
- c) What's the best way to tackle obesity?
- d) What do you think of junk food?
- e) What do you think of your country's leadership?
- f) What will our grandchildren think of decisions we make today?
- g) How healthy is your lifestyle?
- h) What questions would you like to ask a food expert?

Phrase Match

- | | |
|--------------------------------|------------------------------|
| 1. several measures to help | a. support it |
| 2. food | b. with some ideas |
| 3. come up | c. for our children |
| 4. The strategy included two | d. to the environment |
| 5. doing "terrible damage" | e. to change the system |
| 6. He said he could not | f. people eat more healthily |
| 7. extra taxes on hard- | g. main ideas |
| 8. the best way to tackle | h. working people |
| 9. within our power | i. expert |
| 10. build a better food system | j. obesity |

Discussion – Student B

- What do you think of snacks?
- What do you think of putting a tax on salt and sugar?
- How healthy are people in your country?
- How much do you like salt and sugar in food?
- Why are salt and sugar bad for you?
- What are your favourite snacks?
- Is it a bad idea to snack between meals?
- What do you think of giving vegetables to poorer people?

Spelling

- reaevsl measures to help people
- The government asked a food rtpxee
- The sgyttrae included two main ideas
- a tax on food noicntnaig salt
- doing beirelrt damage
- puts great serepsru on hospitals
- tdiepes the government asking
- he could not upropst it
- aseicren the price of snack food
- the best way to tackle ibotsey
- to rneeuogac healthier lifestyles
- We must now iezes the moment

Answers – Synonym Match

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

Role Play

Role A – Vegetarian Diet

You think a vegetarian diet is the best thing for a healthy lifestyle. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least effective of these (and why): sleep, medicine or exercise.

Role B – Sleep

You think sleep is the best thing for a healthy lifestyle. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least effective of these (and why): a vegetarian diet, medicine or exercise.

Role C – Medicine

You think medicine is the best thing for a healthy lifestyle. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least effective of these (and why): sleep, a vegetarian diet or exercise.

Role D – Exercise

You think exercise is the best thing for a healthy lifestyle. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least effective of these (and why): sleep, medicine or a vegetarian diet.

Speaking – Healthy Lifestyle

Rank these with your partner. Put the best things for a healthy lifestyle at the top. Change partners often and share your rankings.

- | | |
|-------------------|----------------|
| • Vegetarian diet | • No stress |
| • Sleep | • Medicine |
| • Good friends | • Laughter |
| • Exercise | • No pollution |

Answers – True False

1 T	2 T	3 T	4 F	5 F	6 T	7 T	8 F
-----	-----	-----	-----	-----	-----	-----	-----

Answers to Phrase Match and Spelling are in the text.