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**Level 4 – 23rd October 2023**

## **Study says fructose is a major cause of obesity**

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

<https://breakingnewsenglish.com/2310/231023-fructose-and-obesity-4.html>

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**Please try Levels 5 and 6. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/2310/231023-fructose-and-obesity-4.html>

Scientists have found that fructose is a big cause of obesity. Fructose is a fruit sugar. It is also used to make high fructose corn syrup, which causes obesity. Researchers found that fructose isn't the biggest source of calories, but it makes us want to eat fatty food. They suggested we change what we eat. They said we need to cut down on junk food. They also said we should think about reducing our fructose intake.

The researchers looked at all known causes of obesity. They found that the body converting fructose into energy reduces levels of a compound called ATP. When ATP falls, we eat more. A researcher said fructose makes "our metabolism to go into low power mode and [we] lose our control of appetite". Scientists believe that high amounts of fructose lead to health issues. The most common of these is non-alcoholic fatty liver disease.

Sources: <https://www.sciencealert.com/major-study-claims-to-identify-the-root-cause-of-obesity-fructose>  
<https://www.earth.com/news/fructose-puts-the-body-in-low-power-mode-fueling-obesity/>  
<https://news.cuanschutz.edu/news-stories/what-drives-obesity-diets-high-in-fat-carbohydrates-actually-its-everything-and-fructose-is-at-the-center>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2310/231023-fructose-and-obesity-4.html>

## PARAGRAPH ONE:

- |                               |                       |
|-------------------------------|-----------------------|
| 1. fructose is a big cause    | a. source of calories |
| 2. make high fructose         | b. what we eat        |
| 3. fructose isn't the biggest | c. think              |
| 4. it makes us want to        | d. corn syrup         |
| 5. They suggested we change   | e. intake             |
| 6. we need to cut down        | f. eat fatty food     |
| 7. They also said we should   | g. of obesity         |
| 8. reducing our fructose      | h. on junk food       |

## PARAGRAPH TWO:

- |                                  |                     |
|----------------------------------|---------------------|
| 1. all known causes              | a. low power mode   |
| 2. converting fructose           | b. liver disease    |
| 3. levels of a compound          | c. we eat more      |
| 4. When ATP falls,               | d. control          |
| 5. our metabolism to go into     | e. of obesity       |
| 6. we lose our                   | f. to health issues |
| 7. high amounts of fructose lead | g. into energy      |
| 8. non-alcoholic fatty           | h. called ATP       |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2310/231023-fructose-and-obesity-4.html>

Scientists have found that fructose is (1) \_\_\_\_\_ of obesity. Fructose is (2) \_\_\_\_\_. It is also used to make high fructose corn syrup, which causes obesity. Researchers found that fructose isn't the (3) \_\_\_\_\_ calories, but it makes us want to eat fatty food. They (4) \_\_\_\_\_ what we eat. They said we need to cut (5) \_\_\_\_\_ food. They also said we should think (6) \_\_\_\_\_ fructose intake.

The researchers looked at (7) \_\_\_\_\_ of obesity. They found that the body converting fructose into (8) \_\_\_\_\_ of a compound called ATP. When ATP falls, (9) \_\_\_\_\_. A researcher said fructose makes "our metabolism to go (10) \_\_\_\_\_ mode and [we] lose our control of appetite".

Scientists believe that (11) \_\_\_\_\_ fructose lead to health issues. The (12) \_\_\_\_\_ these is non-alcoholic fatty liver disease.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2310/231023-fructose-and-obesity-4.html>

Scientists have found that fructose is a big cause of obesity. Fructose is a fruit sugar. It is also used to make high fructose corn syrup, which causes obesity. Researchers found that fructose isn't the biggest source of calories, but it makes us want to eat fatty food. They suggested we change what we eat. They said we need to cut down on junk food. They also said we should think about reducing our fructose intake. The researchers looked at all known causes of obesity. They found that the body converting fructose into energy reduces levels of a compound called ATP. When ATP falls, we eat more. A researcher said fructose makes "our metabolism go into low power mode and [we] lose our control of appetite". Scientists believe that a high amount of fructose leads to health issues. The most common of these is non-alcoholic fatty liver disease.

# SUGAR SURVEY

From <https://breakingnewsenglish.com/2310/231023-fructose-and-obesity-4.html>

Write five GOOD questions about sugar 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) \_\_\_\_\_

