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Level 5 – 23rd October 2023

Study says fructose is a major cause of obesity

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<https://breakingnewsenglish.com/2310/231023-fructose-and-obesity-5.html>

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Please try Levels 4 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2310/231023-fructose-and-obesity-5.html>

Scientists have found that fructose, a naturally occurring sugar, is a big cause of obesity. Fructose is also known as "fruit sugar". It is also processed to make high fructose corn syrup. This is a cause of obesity and is in a lot of the food we eat. A study from the University of Colorado found that although fructose isn't the biggest source of calories, it makes us want to eat fatty food. Researchers suggested we change what we eat. They said studies recognize the need to reduce junk food, but "it remains unclear whether the focus should be on reducing [fructose] intake".

The researchers conducted a study of all known causes of obesity. They found that the way our body converts fructose into energy causes lower levels of a compound called ATP. When ATP falls, we eat more. The lead researcher said: "Fructose is what triggers our metabolism to go into low power mode and lose our control of appetite, but fatty foods become the major source of calories that drive weight gain." 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-5.html>

PARAGRAPH ONE:

- | | |
|------------------------------------|-----------------------|
| 1. Fructose is also known | a. of obesity |
| 2. processed to make high fructose | b. reduce junk food |
| 3. This is a cause | c. as "fruit sugar" |
| 4. in a lot of | d. fructose intake |
| 5. fructose isn't the biggest | e. the food we eat |
| 6. it makes us want | f. corn syrup |
| 7. the need to | g. to eat fatty food |
| 8. the focus should be on reducing | h. source of calories |

PARAGRAPH TWO:

- | | |
|----------------------------------|-------------------------|
| 1. a study of all known | a. called ATP |
| 2. the way our body converts | b. to health issues |
| 3. lower levels of a compound | c. power mode |
| 4. When ATP falls, | d. liver disease |
| 5. go into low | e. we eat more |
| 6. high amounts of fructose lead | f. causes of obesity |
| 7. The most common | g. fructose into energy |
| 8. non-alcoholic fatty | h. of these |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2310/231023-fructose-and-obesity-5.html>

Scientists have found that fructose, (1) _____ sugar, is a big cause of obesity. Fructose is (2) _____ "fruit sugar". It is also processed to make high fructose corn syrup. This is a (3) _____ and is in a lot of the food we eat. A study from the University of Colorado found that although fructose isn't the biggest (4) _____, it makes us want to eat fatty food. Researchers suggested we change what we eat. They said studies recognize the (5) _____ junk food, but "it remains unclear (6) _____ should be on reducing [fructose] intake".

The researchers conducted a study of (7) _____ of obesity. They found that the way (8) _____ fructose into energy causes lower levels of a compound called ATP. When ATP falls, we eat more. The lead researcher said: "Fructose is (9) _____ metabolism to go into low power mode and lose our (10) _____, but fatty foods become (11) _____ of calories that drive weight gain." Scientists believe that high amounts of fructose lead to health issues. The most common of these is non-alcoholic (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2310/231023-fructose-and-obesity-5.html>

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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) _____

