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**Level 6 – 23rd October 2023**

## Study says fructose is a major cause of obesity

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

### Contents

The Article	2	Discussion (Student-Created Qs)	15
Warm-Ups	3	Language Work (Cloze)	16
Vocabulary	4	Spelling	17
Before Reading / Listening	5	Put The Text Back Together	18
Gap Fill	6	Put The Words In The Right Order	19
Match The Sentences And Listen	7	Circle The Correct Word	20
Listening Gap Fill	8	Insert The Vowels (a, e, i, o, u)	21
Comprehension Questions	9	Punctuate The Text And Add Capitals	22
Multiple Choice - Quiz	10	Put A Slash ( / ) Where The Spaces Are	23
Role Play	11	Free Writing	24
After Reading / Listening	12	Academic Writing	25
Student Survey	13	Homework	26
Discussion (20 Questions)	14	Answers	27

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

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# THE ARTICLE

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

Scientists have discovered that fructose, a naturally occurring sugar, is a major driver of obesity. Fructose is also known as "fruit sugar". It occurs to varying degrees in fruit and vegetables. It is also used in processed form in high fructose corn syrup, which is in a lot of the food we eat, and promotes obesity. A study led by Dr Richard Johnson at the University of Colorado found that although fructose isn't the biggest source of calorific intake, it stimulates an urge to eat fattier food. Researchers posited a shift of focus on what we eat. They wrote: "All hypotheses recognize the importance of reducing 'junk' foods, [however] it remains unclear whether the focus should be on reducing [fructose] intake."

Dr Johnson and his colleagues conducted an exhaustive study of all known contributors to obesity. They found that the process of our body converting fructose into energy causes a drop in the levels of a compound called ATP. When ATP falls, our body tells us to eat more. Researchers call this process the fructose survival hypothesis. Johnson 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 have attributed the consumption of high amounts of fructose 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>

# WARM-UPS

**1. SUGAR:** Students walk around the class and talk to other students about sugar. 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?

scientists / fructose / sugar / obesity / fruit / vegetables / urge / fattier food / focus / colleagues / energy / body / survival / metabolism / appetite / calories / liver disease

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

**3. REGULATED:** Students A **strongly** believe all processed food should be regulated; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

**4. OBESITY:** How effective might these things be at reducing obesity? Why? Complete this table with your partner(s). Change partners often and share what you wrote.

	Effectiveness	Why?
Education		
No junk food		
Exercise		
More fruit		
Less screen time		
Stairs, not elevators		

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

**6. VEGETABLES:** Rank these with your partner. Put the best vegetables at the top. Change partners often and share your rankings.

- Potatoes
- Cabbage
- Spinach
- Broccoli
- Carrots
- Onions
- Asparagus
- Peppers

# VOCABULARY MATCHING

## Paragraph 1

- |              |                                                                                |
|--------------|--------------------------------------------------------------------------------|
| 1. occurring | a. A factor which causes a particular thing / phenomenon to happen or develop. |
| 2. driver    | b. The amount, level, or extent to which something happens or is present.      |
| 3. varying   | c. An amount of food, air, or another substance taken into the body.           |
| 4. degree    | d. Differing in size, amount, degree, or nature.                               |
| 5. urge      | e. Put forward as fact or as a basis for argument.                             |
| 6. posited   | f. Happening; taking place.                                                    |
| 7. intake    | g. A strong desire or impulse.                                                 |

## Paragraph 2

- |                |                                                                                                                               |
|----------------|-------------------------------------------------------------------------------------------------------------------------------|
| 8. exhaustive  | h. A thing that is composed of two or more separate elements; a mixture.                                                      |
| 9. compound    | i. A supposition or proposed explanation made on the basis of limited evidence as a starting point for further investigation. |
| 10. hypothesis | j. Regarded something as being caused by.                                                                                     |
| 11. trigger    | k. The chemical processes that occur within a living organism in order to maintain life.                                      |
| 12. metabolism | l. Cause an event or situation to happen or exist.                                                                            |
| 13. appetite   | m. Including or considering all elements or aspects; fully comprehensive.                                                     |
| 14. attributed | n. A natural desire to satisfy a bodily need, especially for food.                                                            |

# BEFORE READING / LISTENING

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

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

1. Fructose is also called sugar fruit. **T / F**
2. High fructose corn syrup helps people to lose weight. **T / F**
3. Fructose can make us want to eat fatty food. **T / F**
4. A researcher stressed the need to focus on reducing our fructose intake. **T / F**
5. Researchers looked into all the things they know that leads to obesity. **T / F**
6. When fructose turns into energy, levels of a compound called ATP fall. **T / F**
7. Fructose can make us lose control of our appetite. **T / F**
8. Too much fructose can lead to liver problems. **T / F**

**2. SYNONYM MATCH:** (The words in **bold** are from the news article.)

- |                       |                      |
|-----------------------|----------------------|
| 1. <b>discovered</b>  | a. in doubt          |
| 2. <b>major</b>       | b. desire            |
| 3. <b>source</b>      | c. problems          |
| 4. <b>urge</b>        | d. carried out       |
| 5. <b>unclear</b>     | e. big               |
| 6. <b>conducted</b>   | f. prompts           |
| 7. <b>converting</b>  | g. found             |
| 8. <b>triggers</b>    | h. eating / drinking |
| 9. <b>consumption</b> | i. changing          |
| 10. <b>issues</b>     | j. root              |

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

- |                                            |                               |
|--------------------------------------------|-------------------------------|
| 1. the focus should be on reducing         | a. source of calorific intake |
| 2. It occurs to varying                    | b. of reducing 'junk' foods   |
| 3. fructose isn't the biggest              | c. mode                       |
| 4. it stimulates an urge                   | d. degrees                    |
| 5. All hypotheses recognize the importance | e. contributors to obesity    |
| 6. exhaustive study of all known           | f. our metabolism             |
| 7. the process of our body converting      | g. fructose intake            |
| 8. Fructose is what triggers               | h. liver disease              |
| 9. go into low power                       | i. to eat fatter food         |
| 10. non-alcoholic fatty                    | j. fructose into energy       |

# GAP FILL

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

Scientists have discovered that fructose, a naturally occurring sugar, is a major (1) \_\_\_\_\_ of obesity. Fructose is also known as "fruit sugar". It occurs to (2) \_\_\_\_\_ degrees in fruit and vegetables. It is also used in processed form in high fructose corn syrup, which is in a lot of the food we eat, and (3) \_\_\_\_\_ obesity. A study led by Dr Richard Johnson at the University of Colorado found that although fructose isn't the biggest (4) \_\_\_\_\_ of calorific intake, it (5) \_\_\_\_\_ an urge to eat fattier food. Researchers posited a (6) \_\_\_\_\_ of focus on what we eat. They wrote: "All (7) \_\_\_\_\_ recognize the importance of reducing 'junk' foods, [however] it remains unclear whether the focus should be on reducing [fructose] (8) \_\_\_\_\_."

*source*  
*varying*  
*stimulates*  
*hypotheses*  
*promotes*  
*intake*  
*shift*  
*driver*

Dr Johnson and his colleagues conducted an (9) \_\_\_\_\_ study of all known contributors to obesity. They found that the process of our body (10) \_\_\_\_\_ fructose into energy causes a drop in the (11) \_\_\_\_\_ of a compound called ATP. When ATP falls, our body tells us to eat more. Researchers call this (12) \_\_\_\_\_ the fructose survival hypothesis. Johnson said: "Fructose is what (13) \_\_\_\_\_ our metabolism to go into low power mode and lose our control of (14) \_\_\_\_\_, but fatty foods become the major source of calories that drive weight gain." Scientists have (15) \_\_\_\_\_ the consumption of high amounts of fructose to health issues. The most common of these is non-alcoholic (16) \_\_\_\_\_ liver disease.

*process*  
*attributed*  
*converting*  
*fatty*  
*triggers*  
*exhaustive*  
*appetite*  
*levels*

# LISTENING – Guess the answers. Listen to check.

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

- 1) Scientists have discovered that fructose, a naturally occurring sugar, is \_\_\_\_\_
  - a. a mayor driver
  - b. a May jar driver
  - c. a major dry bar
  - d. a major driver
- 2) Johnson at the University of Colorado found that although fructose isn't \_\_\_\_\_
  - a. the biggest sauce
  - b. the biggest sours
  - c. the biggest source
  - d. the biggest sous
- 3) of calorific intake, it stimulates an urge to eat fattier food. Researchers posited a \_\_\_\_\_
  - a. shift of focus
  - b. shift off hocus
  - c. shift of pocus
  - d. shift of locus
- 4) They wrote: "All hypotheses recognize the importance of \_\_\_\_\_."
  - a. reducing 'bunk' foods
  - b. reducing 'junk' foods
  - c. reducing 'dunk' foods
  - d. reducing 'funk' foods
- 5) however, it remains unclear whether the focus should be on \_\_\_\_\_
  - a. reducing fructose uptake
  - b. reducing fructose ink take
  - c. reducing fructose intake
  - d. reducing fructose sin take
- 6) Dr Johnson and his colleagues conducted an exhaustive study of \_\_\_\_\_
  - a. all knowing contributors
  - b. all known contributors
  - c. all noun contributors
  - d. all non-contributors
- 7) process of our body converting fructose into energy causes a drop in the levels \_\_\_\_\_
  - a. off a compound
  - b. of a confound
  - c. off a con pound
  - d. of a compound
- 8) Researchers call this process the \_\_\_\_\_
  - a. fructose survive all hypothesis
  - b. fructose survival hype of this
  - c. fructose survive all high posse this
  - d. fructose survival hypothesis
- 9) what triggers our metabolism to go into low power mode and lose our \_\_\_\_\_
  - a. control off app a tight
  - b. control of appetite
  - c. control of up a tight
  - d. control of a petite
- 10) The most common of these is non-alcoholic \_\_\_\_\_
  - a. fatty liver disease
  - b. fatty riven disease
  - c. ratty liver disease
  - d. patty river disease

# LISTENING – Listen and fill in the gaps

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

Scientists have discovered that fructose, (1) \_\_\_\_\_ sugar, is a major driver of obesity. Fructose is also known as "fruit sugar". It occurs (2) \_\_\_\_\_ in fruit and vegetables. It is also used in processed form in high fructose corn syrup, which is in a lot of the food we eat, (3) \_\_\_\_\_. A study led by Dr Richard Johnson at the University of Colorado found that although fructose isn't the biggest (4) \_\_\_\_\_ intake, it stimulates an urge to eat fattier food. Researchers posited a (5) \_\_\_\_\_ on what we eat. They wrote: "All hypotheses recognize the importance of reducing 'junk' foods, [however] it (6) \_\_\_\_\_ the focus should be on reducing [fructose] intake."

Dr Johnson and his colleagues (7) \_\_\_\_\_ study of all known contributors to obesity. They found that the process of our body converting fructose into energy causes a drop in the levels of (8) \_\_\_\_\_ ATP. When ATP falls, our body tells us to eat more. Researchers call this process the fructose survival hypothesis. Johnson said: "Fructose is what (9) \_\_\_\_\_ to go into low power mode and lose our (10) \_\_\_\_\_, but fatty foods become the major source of calories that drive weight gain." Scientists (11) \_\_\_\_\_ consumption of high amounts of fructose to health issues. The most common of these is non-alcoholic (12) \_\_\_\_\_.



# COMPREHENSION QUESTIONS

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

1. What is fructose also called?
2. What does the article say is in a lot of the food we eat?
3. At what university does Dr Richard Johnson work?
4. What does fructose make us eat more of?
5. What do hypotheses recognize the importance of reducing?
6. What do high levels of fructose cause a drop in?
7. What does fructose trigger to go into "low power mode"?
8. What did Dr Johnson say we can lose control of because of fructose?
9. What do scientists say causes health issues?
10. What is the most common health issue related to fructose?

# MULTIPLE CHOICE - QUIZ

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

- 1) What is fructose also called?
  - a) sugar fat
  - b) fatty sugar
  - c) fruit sugar
  - d) fat sugar
- 2) What does the article say is in a lot of the food we eat?
  - a) high fructose corn syrup
  - b) high corn fructose syrup
  - c) high syrup corn fructose
  - d) high corn syrup fructose
- 3) At what university does Dr Richard Johnson work?
  - a) University of Cleveland
  - b) University of Kansas
  - c) University of California
  - d) University of Colorado
- 4) What does fructose make us eat more of?
  - a) vegetables
  - b) fatter food
  - c) fruit
  - d) sugary food
- 5) What do hypotheses recognize the importance of reducing?
  - a) carbohydrates
  - b) corn
  - c) fructose intake
  - d) syrup
- 6) What do high levels of fructose cause a drop in?
  - a) a compound called TAP
  - b) a compound called ATP
  - c) a compound called APT
  - d) a compound called PAT
- 7) What does fructose trigger to go into "low power mode"?
  - a) our muscular system
  - b) our skeletal system
  - c) our cardiovascular system
  - d) our metabolism
- 8) What did Dr Johnson say we can lose control of because of fructose?
  - a) metabolism
  - b) appetite
  - c) urges
  - d) intake
- 9) What do scientists say causes health issues?
  - a) high amounts of fructose
  - b) our metabolism
  - c) weight gain
  - d) consumption
- 10) What is the most common health issue related to fructose?
  - a) high blood pressure
  - b) chronic kidney disease
  - c) diabetes
  - d) non-alcoholic fatty liver disease

# ROLE PLAY

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

## **Role A – Potatoes**

You think potatoes are the best vegetables. Tell the others three reasons why. Tell them what is wrong with their vegetables. Also, tell the others which is the worst of these (and why): cabbage, onions or carrots.

## **Role B – Cabbage**

You think cabbage is the best vegetables. Tell the others three reasons why. Tell them what is wrong with their vegetables. Also, tell the others which is the worst of these (and why): potatoes, onions or carrots.

## **Role C – Onions**

You think onions are the best vegetable. Tell the others three reasons why. Tell them what is wrong with their vegetables. Also, tell the others which is the worst of these (and why): cabbage, potatoes or carrots.

## **Role D – Carrots**

You think carrots are the best vegetables. Tell the others three reasons why. Tell them what is wrong with their vegetables. Also, tell the others which is the worst of these (and why): cabbage, onions or potatoes.

# AFTER READING / LISTENING

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

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

<b>sugar</b>	<b>obesity</b>
--------------	----------------

- 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"><li>• naturally</li><li>• also</li><li>• lot</li><li>• biggest</li><li>• shift</li><li>• unclear</li></ul>	<ul style="list-style-type: none"><li>• conducted</li><li>• drop</li><li>• tells</li><li>• triggers</li><li>• mode</li><li>• common</li></ul>
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# SUGAR SURVEY

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

# SUGAR 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 'sugar'?
3. What do you know about fructose?
4. What do you know about obesity?
5. How many sugary things do you eat?
6. Why do we like sugary and fatty food?
7. How much of a problem is obesity in your country?
8. What do you think of junk food?
9. How healthy is the food you eat?
10. How could you change your diet to be healthier?

*Study says fructose is a major cause of obesity – 23rd October 2023*  
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# SUGAR 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 'obesity'?
13. What do you think about what you read?
14. Would you like to know more about food and nutrition?
15. What do you know about metabolism?
16. How would you describe your appetite?
17. Do you worry about your weight?
18. Where do most of your calories come from?
19. Should the government regulate processed food?
20. What questions would you like to ask the researchers?

# 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//2310/231023-fructose-and-obesity.html>

Scientists have discovered that fructose, a (1) \_\_\_\_\_ occurring sugar, is a major driver of obesity. Fructose is also (2) \_\_\_\_\_ as "fruit sugar". It occurs to varying degrees in fruit and vegetables. It is also used in processed (3) \_\_\_\_\_ in high fructose corn syrup, which is in a lot of the food we eat, and promotes obesity. A study led by Dr Richard Johnson at the University of Colorado found that although fructose isn't the biggest (4) \_\_\_\_\_ of calorific intake, it stimulates an urge to eat fattier food. Researchers posited a shift (5) \_\_\_\_\_ focus on what we eat. They wrote: "All hypotheses recognize the importance of reducing 'junk' foods, [however] it remains unclear whether the focus should be on reducing [fructose] (6) \_\_\_\_\_."

Dr Johnson and his colleagues conducted an (7) \_\_\_\_\_ study of all known contributors to obesity. They found that the process of our body converting fructose into energy causes a (8) \_\_\_\_\_ in the levels of a compound called ATP. When ATP falls, our body (9) \_\_\_\_\_ us to eat more. Researchers call this process the fructose survival hypothesis. Johnson said: "Fructose is what triggers our metabolism to go into low power (10) \_\_\_\_\_ and lose our control of appetite, but (11) \_\_\_\_\_ foods become the major source of calories that drive weight gain." Scientists have attributed the consumption of high amounts of fructose to health issues. The most common of (12) \_\_\_\_\_ is non-alcoholic fatty liver disease.

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

- |     |                 |                 |               |                |
|-----|-----------------|-----------------|---------------|----------------|
| 1.  | (a) naturally   | (b) naturalized | (c) nature    | (d) natural    |
| 2.  | (a) knows       | (b) knowing     | (c) known     | (d) knower     |
| 3.  | (a) farm        | (b) firm        | (c) form      | (d) farms      |
| 4.  | (a) sass        | (b) scarce      | (c) sauce     | (d) source     |
| 5.  | (a) of          | (b) by          | (c) at        | (d) on         |
| 6.  | (a) take-up     | (b) intake      | (c) takings   | (d) take       |
| 7.  | (a) assimilated | (b) assuaged    | (c) underling | (d) exhaustive |
| 8.  | (a) droop       | (b) drop        | (c) drip      | (d) drape      |
| 9.  | (a) asks        | (b) orders      | (c) tells     | (d) speaks     |
| 10. | (a) mood        | (b) mode        | (c) model     | (d) module     |
| 11. | (a) fatal       | (b) lean        | (c) fat       | (d) fatty      |
| 12. | (a) them        | (b) these       | (c) issue     | (d) disease    |



# SPELLING

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

## Paragraph 1

1. a naturally ncrrcguoi sugar
2. It occurs to vniygra degrees
3. It is also used in sreoecdsp form
4. the biggest source of lofiricca intake
5. it mtsailsteu an urge to eat
6. All psyetoshh recognize the importance

## Paragraph 2

7. Dr Johnson and his eelsgoualc
8. all known orttroscnbiu
9. a drop in the levels of a oocumpdn
10. Fructose is what triggers our tealbmomis
11. lose our control of iteeappt
12. atrietdbut the consumption of high amounts

# PUT THE TEXT BACK TOGETHER

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

**Number these lines in the correct order.**

- ( ) on what we eat. They wrote: "All hypotheses recognize the importance of reducing
- ( ) obesity. They found that the process of our body converting fructose into energy causes a drop in the
- ( ) Dr Johnson and his colleagues conducted an exhaustive study of all known contributors to
- ( ) survival hypothesis. Johnson said: "Fructose is what triggers our metabolism to go into low power
- ( ) issues. The most common of these is non-alcoholic fatty liver disease.
- ( ) as "fruit sugar". It occurs to varying degrees in fruit and vegetables. It is also used in processed
- ( ) of calorific intake, it stimulates an urge to eat fattier food. Researchers posited a shift of focus
- ( ) form in high fructose corn syrup, which is in a lot of the food we eat, and promotes obesity. A study
- ( **1** ) Scientists have discovered that fructose, a naturally occurring sugar, is a major driver of obesity. Fructose is also known
- ( ) gain." Scientists have attributed the consumption of high amounts of fructose to health
- ( ) levels of a compound called ATP. When ATP falls, our body tells us to eat more. Researchers call this process the fructose
- ( ) mode and lose our control of appetite, but fatty foods become the major source of calories that drive weight
- ( ) led by Dr Richard Johnson at the University of Colorado found that although fructose isn't the biggest source
- ( ) 'junk' foods, [however] it remains unclear whether the focus should be on reducing [fructose] intake."

# PUT THE WORDS IN THE RIGHT ORDER

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

1. obesity . major Fructose a of driver is
2. used processed is It in also form .
3. intake . isn't the source biggest of calorific Fructose
4. of junk the recognize reducing Hypotheses foods . importance
5. be focus fructose The reducing should intake . on
6. study . colleagues and conducted an Johnson his exhaustive
7. levels compound ATP . The of called a
8. low power Go control . lose mode and into
9. become foods source the of Fatty calories . major
10. consumption of The of high amounts fructose .

# CIRCLE THE CORRECT WORD (20 PAIRS)

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

Scientists have discovered that fructose, a naturally *occurrence / occurring* sugar, is a major *drivel / driver* of obesity. Fructose is also known as "fruit sugar". It occurs to *varying / variety* degrees in fruit and vegetables. It is also used in *processed / procession* form in high fructose corn syrup, which is in a lot of the food we eat, and promotes obesity. A study led *by / of* Dr Richard Johnson at the University of Colorado found that *although / thoroughly* fructose isn't the biggest source *by / of* calorific intake, it stimulates an urge to eat fattier food. Researchers posited a shift of focus on what we eat. They wrote: "*All / Every* hypotheses recognize the importance of reducing 'junk' foods, [however] it remains unclear *whatsoever / whether* the focus should be *on / at* reducing [fructose] intake."

Dr Johnson and his colleagues conducted an *exhaustion / exhaustive* study of all known contributors to obesity. They found that the process *on / of* our body converting fructose into energy causes *a / the* drop in the levels of a compound called ATP. When ATP falls, our body *telling / tells* us to eat more. Researchers call this process the fructose survival *hypotheses / hypothesis*. Johnson said: "Fructose is what *triggers / triggering* our metabolism to go into low power mode and *lose / lost* our control of appetite, but fatty foods become the major *source / sauce* of calories that drive weight gain." Scientists have *attributed / contributed* the consumption of high amounts of fructose to health issues. The most common of these is non-alcoholic fatty *river / liver* disease.

**Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.**

# INSERT THE VOWELS (a, e, i, o, u)

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Sc\_\_nt\_sts h\_v\_ d\_sc\_v\_r\_d th\_t fr\_ct\_s\_, \_ n\_t\_r\_lly  
\_cc\_rr\_ng s\_g\_r, \_s \_ m\_j\_r dr\_v\_r \_f \_b\_s\_ty.  
Fr\_ct\_s\_ \_s \_ls\_ kn\_wn \_s "fr\_\_t s\_g\_r". \_t \_cc\_rs t\_  
v\_ry\_ng d\_gr\_\_s \_n fr\_\_t \_nd v\_g\_t\_bl\_s. \_t \_s \_ls\_  
\_s\_d \_n pr\_c\_ss\_d f\_rm \_n h\_g\_h fr\_ct\_s\_ c\_rn syr\_p,  
wh\_ch \_s \_n \_l\_t \_f th\_ f\_\_d w\_ \_\_t, \_nd pr\_m\_t\_s  
\_b\_s\_ty. \_ st\_dy l\_d by Dr R\_ch\_r\_d J\_hns\_n \_t th\_  
\_n\_v\_rs\_ty \_f C\_l\_r\_d\_ f\_\_nd th\_t \_lth\_\_gh fr\_ct\_s\_  
\_sn't th\_ b\_gg\_st s\_\_rc\_ \_f c\_l\_r\_f\_c \_nt\_k\_, \_t  
st\_m\_l\_t\_s \_n \_rg\_ t\_ \_\_t f\_tt\_\_r f\_\_d. R\_s\_\_rch\_rs  
p\_s\_t\_d \_ sh\_ft \_f f\_c\_s \_n wh\_t w\_ \_\_t. Th\_y wr\_t\_:  
"\_ll hyp\_th\_s\_s r\_c\_gn\_z\_ th\_ \_mp\_r\_t\_nc\_ \_f r\_d\_c\_ng  
'j\_nk' f\_\_ds, [h\_w\_v\_r] \_t r\_m\_\_ns \_ncl\_\_r wh\_th\_r th\_  
f\_c\_s sh\_\_ld b\_ \_n r\_d\_c\_ng [fr\_ct\_s\_] \_nt\_k\_."

Dr J\_hns\_n \_nd h\_s c\_ll\_g\_\_s c\_nd\_ct\_d \_n  
\_xh\_\_st\_v\_ st\_dy \_f \_ll kn\_wn c\_ntr\_b\_t\_rs t\_ \_b\_s\_ty.  
Th\_y f\_\_nd th\_t th\_ pr\_c\_ss \_f \_\_r b\_dy c\_nv\_rt\_ng  
fr\_ct\_s\_ \_nt\_ \_n\_rgy c\_\_s\_s \_ dr\_p \_n th\_ l\_v\_ls \_f \_  
c\_mp\_\_nd c\_ll\_d \_TP. Wh\_n \_TP f\_lls, \_\_r b\_dy t\_lls  
\_s t\_ \_\_t m\_r\_. R\_s\_\_rch\_rs c\_ll th\_s pr\_c\_ss th\_  
fr\_ct\_s\_ s\_rv\_v\_l hyp\_th\_s\_s. J\_hns\_n s\_\_d: "Fr\_ct\_s\_  
\_s wh\_t tr\_gg\_rs \_\_r m\_t\_b\_l\_sm t\_ g\_ \_nt\_ l\_w  
p\_w\_r m\_d\_ \_nd l\_s\_ \_\_r c\_ntr\_l \_f \_pp\_t\_t\_, b\_t  
f\_tty f\_\_ds b\_c\_m\_ th\_ m\_j\_r s\_\_rc\_ \_f c\_l\_r\_\_s th\_t  
dr\_v\_ w\_\_ght g\_\_n." Sc\_\_nt\_sts h\_v\_ \_ttr\_b\_t\_d th\_  
c\_nsmpt\_\_n \_f h\_g\_h \_m\_\_nts \_f fr\_ct\_s\_ t\_ h\_\_lth  
\_ss\_\_s. Th\_ m\_st c\_m\_m\_n \_f th\_s\_ \_s n\_n-\_lc\_h\_l\_c  
f\_tty l\_v\_r d\_s\_\_s\_.

# PUNCTUATE THE TEXT AND ADD CAPITALS

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

scientists have discovered that fructose a naturally occurring sugar is a major driver of obesity fructose is also known as fruit sugar it occurs to varying degrees in fruit and vegetables it is also used in processed form in high fructose corn syrup which is in a lot of the food we eat and promotes obesity a study led by dr richard johnson at the university of colorado found that although fructose isnt the biggest source of calorific intake it stimulates an urge to eat fattier food researchers posited a shift of focus on what we eat they wrote all hypotheses recognize the importance of reducing junk foods however it remains unclear whether the focus should be on reducing fructose intake

dr johnson and his colleagues conducted an exhaustive study of all known contributors to obesity they found that the process of our body converting fructose into energy causes a drop in the levels of a compound called atp when atp falls our body tells us to eat more researchers call this process the fructose survival hypothesis johnson 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 have attributed the consumption of high amounts of fructose to health issues the most common of these is nonalcoholic fatty liver disease

# PUT A SLASH ( / ) WHERE THE SPACES ARE

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

Scientists have discovered that fructose, a naturally occurring sugar, is a major driver of obesity. Fructose is also known as "fruit sugar". It occurs in varying degrees in fruit and vegetables. It is also used in processed form in high fructose corn syrup, which is in a lot of the food we eat, and promote obesity. A study led by Dr Richard Johnson at the University of Colorado found that although fructose isn't the biggest source of caloric intake, it stimulates an urge to eat fattier food. Researchers posited a shift of focus on what we eat. They wrote: "All hypotheses recognize the importance of reducing 'junk' foods, [however] it remains unclear whether the focus should be on reducing [fructose] intake." Dr Johnson and his colleagues conducted an exhaustive study of all known contributors to obesity. They found that the process of our body converting fructose into energy causes a drop in the level of a compound called ATP. When ATP falls, our body tells us to eat more. Researchers call this process the fructose survival hypothesis. Johnson 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 have attributed the consumption of high amounts of fructose to health issues. The most common of these is non-alcoholic fatty liver disease.







# 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. SUGAR:** Make a poster about sugar. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. CALORIE CONTROL:** Write a magazine article about calorie control being a school subject. 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 sugar. Ask him/her three questions about sugar. Give him/her three of your ideas. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## VOCABULARY (p.4)

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

## TRUE / FALSE (p.5)

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

## SYNONYM MATCH (p.5)

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

## COMPREHENSION QUESTIONS (p.9)

1. Fruit sugar
2. High fructose corn syrup
3. University of Colorado
4. Fattier food
5. Fructose intake
6. A compound called ATP
7. Our metabolism
8. Appetite
9. High amounts of fructose
10. Non-alcoholic fatty liver disease

## WORDS IN THE RIGHT ORDER (p.19)

1. Fructose is a major driver of obesity.
2. It is also used in processed form.
3. Fructose isn't the biggest source of calorific intake.
4. Hypotheses recognize the importance of reducing junk foods.
5. The focus should be on reducing fructose intake.
6. Johnson and his colleagues conducted an exhaustive study.
7. The levels of a compound called ATP.
8. Go into low power mode and lose control.
9. Fatty foods become the major source of calories.
10. The consumption of high amounts of fructose.

## MULTIPLE CHOICE - QUIZ (p.10)

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