

High Sugar

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16 Christmas? They might be delicious holiday treats
26 but a new report warns that children are eating far
29 too much sugar.

36 The report comes from Public Health England,
47 which is a part of the UK government. It says that
55 the average ten-year-old will have eaten more sugar
66 than is suggested for the first 18 years of their life.

77 We need some sugar in our diet as it gives our
81 bodies energy and nutrients.

88 However, many children are eating too much.
97 This can cause health problems, such as obesity or
99 tooth decay.



Quick Questions

1. Find an adjective the author uses to show that chocolate and cakes taste nice.

2. What health problems can eating too much sugar cause?

3. How do you think this news will make dentists feel? Explain your answer.

4. What do you think parents might do next? Explain your answer.

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Answers

1. Find an adjective the author uses to show that chocolate and cakes taste nice.
delicious
2. What health problems can eating too much sugar cause?
Eating too much sugar can cause obesity or tooth decay.
3. How do you think this news will make dentists feel? Explain your answer.
Accept any reasonable answer which refers to the news story, e.g. I think they will be worried by this news because sugar can damage children's teeth.
4. What do you think parents might do next? Explain your answer.
Accept any reasonable answer which refers to the news story, e.g. I think parents might stop buying sugary foods for their children because they will be worried about the impact on children's health.