

## Calls for ban on sugary 'freakshake' milkshakes

15th November, 2018



There are calls in the UK to ban the latest phenomenon to shock health and nutrition experts. The campaign group Action on Sugar wants to ban the "freakshake" - a "monstrous" milkshake packed with "grotesque" levels of sugar. Action on Sugar

said the shake should be banned from restaurants and cafes as it can contain up to 1,280 calories. An adult would have to go jogging for three hours to burn off those calories. Freakshakes are usually full of sweetened whipped cream, chocolate bars, mini-doughnuts and even slices of cake. One freakshake tested contained 39 teaspoons of sugar. This is more than six times the recommended daily amount of sugar for a 10-year-old, and the equivalent of four cans of Coke.

Freakshakes originated in Australia and spread around the world on social media. Two restaurants mentioned in the Action on Sugar report fought back and said they took nutrition seriously. One said it was adhering to a national sugar-reduction programme and was not targeting children with excessively high-calorie shakes. A restaurant spokesperson said: "Freakshakes only feature on our main menu and are not targeted at children. We share our nutritional information online for guests to access....We regularly work with our suppliers to explore ways we can reduce sugar levels in our dishes." A public health spokesman said the government needed to put a limit of 300kcal per serving on all shakes.

Sources: [mirror.co.uk](http://mirror.co.uk) / [thesun.co.uk](http://thesun.co.uk) / [metro.co.uk](http://metro.co.uk)

### Writing

Governments have responsibility to limit the number of calories in food. Discuss.

### Chat

Talk about these words from the article.

ban / phenomenon / monstrous / milkshake / banned / jogging / cream / chocolate / Australia / social media / nutrition / calories / menu / information / public health

### True / False

- a) A group called Action on Sugar is campaigning against a "freakshake". T / F
- b) One freakshake had 1,280 calories. T / F
- c) The freakshake has the equivalent of 39 tablespoons of sugar. T / F
- d) The freakshake has the same amount of sugar as four cans of Coke. T / F
- e) The freakshake originally came from Austria. T / F
- f) A restaurant said it was not targeting children with its freakshake. T / F
- g) The restaurant is trying to reduce the sugar in its food. T / F
- h) A public health spokesman wants a limit of 300kcal on milkshakes. T / F

### Synonym Match

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

- |                      |                   |
|----------------------|-------------------|
| 1. <b>calls</b>      | a. portion        |
| 2. <b>shock</b>      | b. quantity       |
| 3. <b>grotesque</b>  | c. started        |
| 4. <b>contain</b>    | d. outrage        |
| 5. <b>amount</b>     | e. sticking       |
| 6. <b>originated</b> | f. outrageous     |
| 7. <b>adhering</b>   | g. look into      |
| 8. <b>feature</b>    | h. include        |
| 9. <b>explore</b>    | i. appeals        |
| 10. <b>serving</b>   | j. characteristic |

### Discussion – Student A

- a) What do you think of milkshakes?
- b) Would you like to try a freakshake?
- c) How nutritious are milkshakes?
- d) Should the freakshakes be banned?
- e) Why do people "invent" things like freakshakes?
- f) How tasty might a freakshake be?
- g) How bad is eating 30 teaspoons of sugar?
- h) What do you think of the words "freak" and "freakshake"?

## Phrase Match

- |   |                          |
|---|--------------------------|
| 1. nutrition                            | a. children              |
| 2. three hours to burn                  | b. daily amount          |
| 3. One freakshake tested contained 39   | c. reduction programme   |
| 4. more than six times the recommended  | d. off those calories    |
| 5. the equivalent of                    | e. serving on all shakes |
| 6. Freakshakes originated               | f. experts               |
| 7. it was adhering to a national sugar- | g. with our suppliers    |
| 8. targeting                            | h. in Australia          |
| 9. We regularly work                    | i. four cans of Coke     |
| 10. put a limit of 300kcal per          | j. teaspoons of sugar    |

## Discussion – Student B

- What do you think about what you read?
- Do restaurants have a duty not to sell high-calorie food?
- Have people become addicted to unhealthy food?
- How often would you buy your child a freakshake?
- Should calorie information be on restaurant menus?
- Do you believe the restaurant that said it was reducing sugar levels?
- How bad is it to target freakshakes at children?
- What questions would you like to ask freakshake restaurants?

## Spelling

- ban the latest noehomnepn
- health and nutrition eeptxsr
- packed with "etogrsuqe" levels of sugar
- burn off those lcaeoisr
- six times the cdeommrened daily amount
- the teluanqive of four cans of Coke
- freakshakes aingdrotie in Australia
- One said it was erhndiga
- ivsesleyecx high-calorie shakes
- uaterfe on our main menu
- pxeeorl ways we can reduce sugar levels
- 300kcal per nsgervi on all shakes

### Answers – Synonym Match

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

## Role Play

### Role A – Milkshakes

You think milkshakes are the best sweet things. Tell the others three reasons why. Tell them what is wrong with their sweet things. Also, tell the others which is the least tasty of these (and why): brownies, apple pie or tiramisu.

### Role B – Brownies

You think brownies are the best sweet things. Tell the others three reasons why. Tell them what is wrong with their sweet things. Also, tell the others which is the least tasty of these (and why): milkshakes, apple pie or tiramisu.

### Role C – Apple Pie

You think apple pie is the best sweet thing. Tell the others three reasons why. Tell them what is wrong with their sweet things. Also, tell the others which is the least tasty of these (and why): brownies, milkshakes or tiramisu.

### Role D – Tiramisu

You think tiramisu is the best sweet thing. Tell the others three reasons why. Tell them what is wrong with their sweet things. Also, tell the others which is the least tasty of these (and why): brownies, apple pie or milkshakes.

## Speaking – Sugary stuff

Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- |              |                     |
|--------------|---------------------|
| • apple pie  | • ice cream         |
| • cheesecake | • milkshake         |
| • tiramisu   | • chocolate brownie |
| • cookies    | • cotton candy      |

### Answers – True False

a	T	b	T	c	F	d	T	e	F	f	T	g	F	h	T
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Answers to Phrase Match and Spelling are in the text.