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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>

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

sugar	obesity
--------------	----------------

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

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)

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

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_rt_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_mm_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 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 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.

ACADEMIC WRITING

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

Processed foods should be banned. Discuss.

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 ;-)