

1 The words below appear in the text in Exercise 2. Write the words in your own language. You can use a dictionary.

- 1 afford 2 cube 3 tax

2 Read the text about sugar.

WHERE IS THE SUGAR HIDING?

What did you have for breakfast? Maybe some wholemeal toast, or a bowl of cereal and a glass of orange juice? You may not believe it, but that was a lot of sugar! Everyone knows there's sugar in things like chocolate, crisps, cake and fizzy drinks. But sugar is in non-sweet food as well.

For many centuries, only rich people could afford to eat sugar regularly. They added it to desserts. Today, sugar is in many different types of food. Eating too much sugar can make people fat and seriously ill. People often look carefully at the calories in food, but we need to start looking at the amount of sugar, too.

How much sugar should we have every day?

According to experts:

4-6 years old – up to 5 cubes • 7-10 years old – up to 6 cubes • 11+ – up to 7 cubes.

How much sugar is there in popular food?

Type of Food	Sugar
1 glass of cola	7 cubes
1 bowl of breakfast cereal	4 cubes
2 slices of wholemeal bread	1 cube
1 low-fat yoghurt*	4 cubes
1 small glass of orange juice	5 cubes

* Low-fat yoghurts sound healthy, but sugar is added to make them tasty.

What can we do to solve the problem?

- 1 Read the ingredients to know how much sugar is in the food you buy.
- 2 Buy low-sugar cereals and snacks. Some companies, such as Nestlé Cereals, have reduced sugar in their cereal by 10%.
- 3 Some countries, for example, the UK, France, Mexico and Norway, have introduced a "sugar tax". This means that drinks companies must pay extra money for adding sugar to drinks. If the sugar tax is successful, we will probably see it in more countries in the future.

1.

Answer the questions.

1 Why is a lot of sugar dangerous?

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2 How much sugar should a 12-year-old have every day?

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3 Why does some low-fat food contain a lot of sugar?

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4 How can we find out how much sugar there is in food?

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5 What is a sugar tax?

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2.

Find a recipe for a meal that you really like/enjoy eating and write it down in English. (Busca una receta de una comida que te guste/disfrutes comiendo y escríbela en inglés).