



Experts Urge Ban on Kids' Slushies After UK Hospitalizations

Description

In a recent advisory, researchers have cautioned against children under the age of eight consuming slushy ice drinks containing glycerol, following several hospitalisations in the UK and Ireland. These eye-catching beverages, often targeted at younger audiences, frequently include glycerol as both a sweetener and a preventive measure against freezing solid. However, elevated levels of glycerol can pose serious health risks, especially for young children, potentially leading to glycerol intoxication, which manifests as shock, hypoglycemia, and unconsciousness.

A peer-reviewed study, recently published in the *Archives of Disease in Childhood*, highlighted a noticeable increase in incidents in the UK and Ireland, prompting recommendations that children under eight should steer clear of such beverages. The research scrutinised medical records of 21 children, aged between two and seven, who required emergency care after consuming slushies. Most incidents occurred between 2018 and 2024, with children falling acutely ill within an hour. Common symptoms included loss of consciousness, high blood acidity, and low blood sugar, with a few cases necessitating brain scans and even resulting in seizures. Fortunately, all affected children recuperated quickly.

While slushy machines, invented in the US during the 1950s, sometimes use sugar to prevent freezing, the recent surge in glycerol-related cases may be linked to rising concerns over sugar intake and recent sugar taxes in the UK and Ireland. Current food safety guidelines advise against slushies containing glycerol for children aged four and under, but researchers advocate increasing the age limit. They urge clinicians, parents, and public health officials to be vigilant and provide clear guidance.

In London, some parents are already in favour of raising the recommended age. Elsa Qorri, a mother of two, expressed her worry after her daughters experienced discomfort from drinking slushies last year. Until her children are older, she has decided to avoid purchasing these drinks for them.

Vocabulary List:

1. **Glycerol** /'glɪsərəl/ (noun): A sweet thick liquid used mainly as a sweetener and humectant in foods and cosmetics.
2. **Intoxication** /ɪn,tɒk.sɪ'keɪ.jən/ (noun): The state of being poisoned or affected by a toxic substance often leading to impaired functioning.
3. **Hypoglycemia** /,haɪ.pəʊ.glaɪ'si:.mi.ə/ (noun): A condition characterized by an abnormally low level of glucose in the blood.
4. **Acute** /ə'kju:t/ (adjective): Characterized by a sudden onset and often severe symptoms.
5. **Surge** /sɜ:rdʒ/ (noun): A sudden increase or rise often used in contexts of demand or incidents.
6. **Recuperated** /rɪ'ku:pəreɪtɪd/ (verb): Recovered from illness or injury.



Comprehension Questions

Multiple Choice

1. What is one of the main reasons researchers have cautioned against children under eight consuming slushy ice drinks containing glycerol?
Option: To prevent freezing solid
Option: As a caffeine substitute
Option: To boost energy levels
Option: To improve concentration
2. Which age group is recommended to avoid slushies containing glycerol, according to the recent advisory?
Option: Under 4
Option: Under 8
Option: Under 12
Option: Under 16
3. What symptoms can glycerol intoxication lead to in children, as mentioned in the article?
Option: Fever and sore throat
Option: Shock, hypoglycemia, and unconsciousness
Option: Skin rash and cough
Option: Headache and dizziness
4. When were slushy machines invented?
Option: 1920s
Option: 1940s
Option: 1950s
Option: 1960s
5. What is one reason suggested for the recent surge in glycerol-related cases with slushy drinks?
Option: Increased sugar intake
Option: Recent sugar taxes
Option: Lack of availability
Option: Cold weather
6. What action have some London parents, like Elsa Qorri, taken regarding their children and slushy drinks?



- Option: Increased consumption
- Option: Avoided purchasing
- Option: Promoted to friends
- Option: Stocked up on supplies

True-False

7. Children aged two to seven are among those who required emergency care after consuming slushies containing glycerol.
8. Research recommends that children under four should avoid slushies containing glycerol.
9. Elevated levels of glycerol in slushy drinks pose no health risks to young children.
10. The recent advisory was prompted by a decrease in incidents related to glycerol intoxication in children.
11. Increasing the recommended age limit to avoid glycerol-containing slushies is suggested by researchers.
12. Parents in London are generally supportive of children consuming slushy drinks with glycerol.

Gap-Fill

13. Most incidents of children falling acutely ill after consuming slushies containing glycerol occurred between 2018 and _____.
14. Current food safety guidelines advise against glycerol-containing slushies for children aged four and _____.
15. Elsa Qorri has decided to avoid purchasing slushy drinks for her children until they are older, thus opting for alternative _____ for them.
16. The recent surge in glycerol-related cases with slushies may be attributed to rising concerns over sugar intake and recent sugar _____ in the UK and Ireland.
17. In response to the increase in incidents, researchers suggest that clinicians, parents, and public health



officials provide clear _____ regarding slushy drinks.

18. To prevent slushies from freezing solid, some machines use _____ as a substitute for glycerol.

Answer

Multiple Choice: 1. To prevent freezing solid 2. Under 8 3. Shock, hypoglycemia, and unconsciousness 4. 1950s 5. Recent sugar taxes 6. Avoided purchasing

True-False: 7. True 8. False 9. False 10. False 11. True 12. False

Gap-Fill: 13. 2024 14. under 15. beverages 16. taxes 17. guidance 18. sugar

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which compound is commonly used in skincare products for its moisturizing properties?

- Option: Intoxication
- Option: Hypoglycemia
- Option: Glycerol
- Option: Peptide

2. What is the medical procedure called to administer a vaccine?

- Option: Outbreak
- Option: Exposures
- Option: Herd Immunity
- Option: Vaccinate

3. Which process in the body converts food and drinks into energy?

- Option: Alleviating
- Option: Metabolism
- Option: Affliction
- Option: Recommending

4. Which term is used to describe unintended or harmful effects of a medication or treatment?

- Option: Abundant
- Option: Critical
- Option: Adverse



Option: Mitigates

5. What type of drugs mimic the action of naturally occurring substances such as hormones?

Option: Agonists

Option: Peptide

Option: Stimulating

Option: Vigilant

6. What is the body's ability to resist a particular pathogen or toxin?

Option: Contagious

Option: Immunity

Option: Isolation

Option: Exposures

7. Which term describes something that is widespread or common in a particular area or among a particular group?

Option: Confirmed

Option: Critical

Option: Prevalent

Option: Outbreak

8. What term is used to describe someone who has regained their health after an illness or injury?

Option: Hospitalization

Option: Confirmed

Option: Recuperated

Option: Vaccination

9. What quality is needed to actively watch for possible danger or difficulties?

Option: Vigilance

Option: Herd Immunity

Option: Intoxication

Option: Alleviating

10. Which term describes a sudden increase in the occurrence of a disease in a specific time and place?

Option: Abundant

Option: Vaccination

Option: Isolation

Option: Outbreak

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)



11. _____ refers to the state of being poisoned by a substance.
12. Severe cases of the illness may require _____ for proper treatment.
13. Low blood sugar levels can lead to _____ causing symptoms like dizziness and confusion.
14. A _____ is a short chain of amino acids that can serve as a building block for proteins.
15. Cancer is a serious _____ that can have a significant impact on a person's life.
16. Once the diagnosis was _____ the appropriate treatment plan could be implemented.
17. Painkillers are often used for _____ discomfort and reducing pain.
18. Regular exercise and a healthy diet can help prevent disease and _____ its effects.
19. Doctors may be responsible for _____ appropriate treatments based on a patient's condition.
20. In tropical regions fresh fruit is _____ throughout the year due to the favorable climate.
21. Healthcare workers face multiple _____ to infectious diseases in their line of work.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

22. Measles is a highly disease that can spread rapidly among unvaccinated individuals.
23. Constant is necessary to prevent security breaches in sensitive information systems.
24. When a large portion of a community is vaccinated it provides protecting those who cannot be immunized.
25. The process of administering a vaccine to stimulate the immune system is known as .



26. Patients with highly contagious diseases are often placed in to prevent the spread of the illness.
27. The patient's condition was requiring immediate intervention and monitoring.
28. The sudden of flu cases in the region prompted public health officials to issue warnings.
29. plays a crucial role in protecting vulnerable populations from infectious diseases by limiting transmission.
30. Pain relief medications focus on symptoms of discomfort to improve a patient's quality of life.
31. After a period of rest and treatment the patient from the illness and was able to return to normal activities.

Answer

Multiple Choice: 1. Glycerol 2. Vaccinate 3. Metabolism 4. Adverse 5. Stimulating 6. Immunity 7. Prevalent 8. Recuperated 9. Vigilance 10. Outbreak

Gap-Fill: 11. Intoxication 12. Hospitalization 13. Hypoglycemia 14. Peptide 15. Affliction 16. Confirmed 17. Alleviating 18. Mitigates 19. Recommending 20. Abundant 21. Exposures

Matching sentence: 1. Contagious 2. Vigilance 3. Herd Immunity 4. Vaccination 5. Isolation 6. Critical 7. Outbreak 8. Herd Immunity 9. Alleviating 10. Recuperated

CATEGORY

1. Health - LEVEL4

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