

## The Shocking Impact of Sugary Drinks: New Scientific Findings

### **Description**

Drinks like sodas and energy drinks are very sweet and designed to make you feel good.

But these drinks are not good for your health because they don't have many good nutrients. If you drink them a lot, you could get tooth decay, gain weight, or have heart problems.

A study from Tufts University says that many new cases of diabetes and heart disease are linked to sugary drinks. These drinks are especially bad for people in poor countries.

Sugary drinks can cause diabetes and heart disease because they have a lot of sugar but not much nutrition.

The study says that we need to do more to stop people from drinking sugary drinks, especially in Latin America and Africa where it's a big problem.

The study was published in a journal called *Nature Medicine*.

### **Vocabulary List:**

- 1. **Nutrients** /'nju:.tri.ənts/ (noun): Substances that provide nourishment essential for growth and the maintenance of life.
- 2. **Decay** /dɪ'keɪ/ (noun): The process of rotting or decomposing.
- 3. **Diabetes** /,daɪ.ə'biː.tɪs/ (noun): A metabolic disease characterized by high blood sugar levels over a prolonged period.
- 4. Sugary /'[ogəri/ (adjective): Containing a lot of sugar.
- 5. **Linked** /lɪŋkt/ (verb): Connected or associated with something.
- 6. **Published** /'pʌb.lɪʃt/ (verb): Made publicly known typically through print or online media.

# **Comprehension Questions**

#### **Multiple Choice**

1. Why are sodas and energy drinks not good for your health?

Option: They are too expensive

Option: They are high in sugar and lack good nutrients



Option: They are organic and natural Option: They are endorsed by celebrities

2. According to the study from Tufts University, what health conditions are linked to sugary drinks?

Option: Obesity and acne

Option: Diabetes and heart disease Option: Joint pain and allergies Option: Hair loss and insomnia

3. Where is the consumption of sugary drinks identified as a big problem according to the study?

Option: Europe and Asia

Option: North America and Australia Option: Latin America and Africa Option: Antarctica and Oceania

4. What is one of the health risks associated with consuming a lot of sugary drinks? NEWS.COM

Option: Muscle gain

Option: Decreased energy levels

Option: Tooth decay

Option: Increased immunity

5. What key aspect do sugary drinks lack that can lead to health issues?

Option: Color additives

**Option: Nutrients** Option: Caffeine

Option: Alcohol content

6. In which journal was the study on sugary drinks published?

Option: Science Option: Lancet

Option: Nature Medicine

Option: New England Journal of Medicine

#### **True-False**

- 7. Sugary drinks are recommended for maintaining a balanced diet.
- 8. Consuming sugary drinks is associated with a higher risk of heart disease.



- 9. The study highlights that sugary drinks are particularly harmful to people in affluent countries.
- 10. Tooth decay is not a potential consequence of frequent consumption of sugary drinks.
- 11. The study emphasizes the need for increased awareness about the negative effects of sugary drinks.
- 12. Poor countries are less likely to experience adverse health effects from sugary drink consumption.

#### **Gap-Fill**

14. The study suggests tha	at we need to do more to prevent people from	m consuming sugary drinks,
especially in	and	
15. It is mentioned in the c	ontent that sugary drinks lack	that are essential for
good health.		
-	gary drinks as a significant factor in the increased	easing cases of
17. The content indicates t	hat sugary drinks contain a high amount of	which
contributes to their negativ	ve impact on health.	

#### **Answer**

**Multiple Choice:** 1. They are high in sugar and lack good nutrients 2. Diabetes and heart disease 3. Latin America and Africa 4. Tooth decay 5. Nutrients 6. Nature Medicine

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

Gap-Fill: 14. Latin America and Africa 15. good nutrients 16. diabetes and heart disease 17. sugar

# Vocabulary quizzes

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



1. Who first discovered the process of photosynthesis?

Option: Joseph Priestley
Option: Isaac Newton
Option: Marie Curie
Option: Albert Einstein

2. What do we call the vast expanse that contains galaxies stars planets and everything in existence?

Option: Atmosphere Option: Universe Option: Solar System Option: Constellation

3. Which of the following chronic diseases is often linked to an imbalance in blood sugar levels?

Option: Diabetes
Option: Hemophilia
Option: Malaria
Option: Tuberculosis

4. In ancient times people sometimes \_\_\_\_\_ animals as part of religious rituals.

Option: Admired
Option: Sacrificed
Option: Protected

Option: Fed

5. A volcanic \_\_\_\_\_ can cause ash clouds lava flows and pyroclastic surges.

Option: Meditation Option: Eruption Option: Celebration Option: Drought

6. What is data or information that supports a claim or proposition?

Option: Opinion Option: Evidence Option: Rumor Option: Prediction

7. The seasonal movement of animals from one region to another is known as:

Option: Hibernation Option: Navigation Option: Migration Option: Acceleration



3. Plants require sunlight water and to gro	ow and thrive.		
Option: Nutrients			
Option: Insects			
Option: Rocks			
Option: Metal			
9. What are vast systems of stars gas and dust boun	d together by gravity?		
Option: Galaxies			
Option: Asteroids			
Option: Comets			
Option: Meteorites			
10. When an author's work is made available to the	public it is said to be		
Option: Hidden			
Option: Printed			
Option: Published			
Option: Burned			
Gap-Fill ( Fill in the blanks with the correct wo	ord from the vocabulary list. )		
11. When oxygen and hydrogen are	water is formed.		
12. Scientists conducted a detailed	of the DNA complete identify the genetic		
12. Scientists conducted a detailed	of the DNA sample to identify the genetic		
markers.			
13. Suddenly a bright light	in the night sky startling the onlookers.		
14. Organic matter undergoes a process of	as it breaks down over time.		
15. The test results revealed a	connection between two seemingly unrelated		
variables.			
variables.			
16. The magician made the rabbit	from the hat much to the audience's delight.		
17. The old abandoned house had a	aura that intrigued the heighborhood		
children.			



18. Studies have found that lack of exercise is closely	to various health problems.		
19. The archaeological team made an exciting	when they unearthed ancient		
artifacts.			
20. In the early stages of the caterpillar's life it will	from its chrysalis as a		
butterfly.			
Matching Sentences ( Match each definition to the correct word from the vocabulary list. )			
21. The ability to acquire and apply knowledge and skills is often associated with this trait.			
22. The act of becoming larger or more extensive.			
23. An act or process of finding or learning something for the first time.			
24. Gradually ceasing to be visible or exist.			
25. A poisonous substance produced within living cells or organisms.			
26. Something that is difficult or impossible to understand or explain.			
27. The process of determining something by mathematical logical or other methods.			
28. A religious or solemn ceremony consisting of a series of actions performed according to a prescribed order.			
29. To make information or work available to the public through a printed or digital medium.			
30. Cut into or shape (stone wood etc.) by cutting or using a tool.			

### **Answer**

**Multiple Choice:** 1. Joseph Priestley 2. Universe 3. Diabetes 4. Sacrificed 5. Eruption 6. Evidence 7. Migration 8. Nutrients 9. Galaxies 10. Published

**Gap-Fill:** 11. Combined 12. Analysis 13. Appeared 14. Decay 15. Surprising 16. Disappear 17. Mysterious 18. Linked 19. Discovery 20. Emerge

Matching sentence: 1. Intelligence 2. Expansion 3. Discovery 4. Disappearing 5. Toxin 6. Mystery 7.

Calculation 8. Ritual 9. Published 10. Carved



### **CATEGORY**

1. Health - LEVEL2

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