



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** /di'keɪ/ (noun): The process of rotting or decomposing.
3. **Diabetes** /,daɪ.ə'bi:.tɪs/ (noun): A metabolic disease characterized by high blood sugar levels over a prolonged period.
4. **Sugary** /'fʊɡəri/ (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?

- 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 that we need to do more to prevent people from consuming sugary drinks, especially in _____ and _____ .
15. It is mentioned in the content that sugary drinks lack _____ that are essential for good health.
16. The study identifies sugary drinks as a significant factor in the increasing cases of _____ and _____ .
17. The content indicates that sugary drinks contain a high amount of _____ which contributes to their negative 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



8. Plants require sunlight water and _____ to grow and thrive.

Option: Nutrients

Option: Insects

Option: Rocks

Option: Metal

9. What are vast systems of stars gas and dust bound 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 word from the vocabulary list.)

11. When oxygen and hydrogen are _____ water is formed.

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.

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 neighborhood 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

Date Created

2025/01/19

Author

aimeeyoung99

ESL-NEWS.COM