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# Unexpected Heart Benefits of Occasional Sweet Treats

## Description

A new study shows that eating added sugar can increase the risk of heart disease. However, people who eat sweet treats sometimes may have a lower risk of heart problems.

Researchers from Lund University, Sweden, found that enjoying a pastry or chocolate bar occasionally could be better for your heart than avoiding all sugar. But, drinking sugary drinks or using sweet toppings like honey is harmful.

"We see two different effects of sugar types on heart disease," says epidemiologist Suzanne Janzi. "It's important to think about where the sugar comes from and how much you eat."

The study looked at 69,705 people aged 45 to 83. They were asked about their diets in 1997 and 2009, then checked until 2019. The researchers categorized sugar into three groups: sweet toppings, sweet treats, and sugary drinks.

They found that those who had sweet treats occasionally had the lowest risk of heart disease. The study shows that having some sugar in social situations can be okay and may even help with stress and loneliness.

More research is needed to understand how sugar affects heart health.

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## Vocabulary List:

1. **Epidemiologist** /ˌepɪˌdɪːmiˈɒlədʒɪst/ (noun): A specialist in the study of how diseases affect the health and illness of populations.
2. **Categorized** /ˈkæt.ɪ.gəraɪzd/ (verb): Arranged or divided into classes or categories.
3. **Risk** /rɪsk/ (noun): The possibility of something bad happening.
4. **Occasionally** /əˈkeɪ.ʒən.əl.i/ (adverb): From time to time; not regularly.
5. **Heart Disease** /hɑːrt dɪˈziːz/ (noun): A range of conditions that affect the heart including coronary artery disease.
6. **Sugary** /ˈʃʊg.ər.i/ (adjective): Containing a lot of sugar; sweet.

## Comprehension Questions

### Multiple Choice



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1. According to the study, how does eating added sugar affect the risk of heart disease?
    - Option: Increases the risk
    - Option: Decreases the risk
    - Option: Has no effect on the risk
    - Option: Varies depending on the individual
  
  2. Which type of sugar consumption was found to be harmful for heart health?
    - Option: Sweet treats
    - Option: Sweet toppings
    - Option: Sugary drinks
    - Option: All of the above
  
  3. What did researchers from Lund University discover about enjoying pastries or chocolate bars occasionally?
    - Option: It significantly increases heart disease risk
    - Option: It has no impact on heart health
    - Option: It can be better for the heart than avoiding all sugar
    - Option: It is as harmful as consuming sugary drinks
  
  4. How many people were included in the study conducted by Lund University?
    - Option: 48,230
    - Option: 69,705
    - Option: 82,419
    - Option: 56,124
  
  5. Which age group was part of the study on sugar consumption and heart disease risk?
    - Option: 18-35
    - Option: 36-54
    - Option: 45-83
    - Option: Over 90
  
  6. What sugar category had the lowest risk of heart disease according to the study?
    - Option: Sweet toppings
    - Option: Sugary drinks
    - Option: Sweet treats
    - Option: All categories had equal risk



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### True-False

7. Drinking sugary drinks is beneficial for heart health.
8. The study participants were exclusively aged 35 and below.
9. The researchers only considered two types of sugar for their study.
10. The research indicates that occasional sugar consumption in social settings can have positive effects on mental well-being.
11. The study suggested that completely avoiding all sugar is the best approach for heart health.
12. The researchers concluded that more investigations are required to fully understand the impact of sugar on heart health.

### Gap-Fill

13. According to epidemiologist Suzanne Janzi, it is important to think about where the sugar comes from and how much you \_\_\_\_\_.
14. The study categorized sugar into three groups: sweet toppings, sweet treats, and \_\_\_\_\_.
15. The participants were asked about their diets in 1997 and 2009, then checked until \_\_\_\_\_.
16. The study found that having some sugar in \_\_\_\_\_ can be beneficial for heart health.
17. According to the study, people who eat sweet treats sometimes may have a lower risk of heart problems than those who avoid all \_\_\_\_\_.
18. The researchers from Lund University discovered two different effects of sugar types on heart disease,



emphasizing the importance of considering sugar \_\_\_\_\_ in diet.

## Answer

**Multiple Choice:** 1. Increases the risk 2. Sugary drinks 3. It can be better for the heart than avoiding all sugar  
4. 69,705 5. 45-83 6. Sweet treats

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

**Gap-Fill:** 13. eat 14. sugary drinks 15. 2019 16. social situations 17. sugar 18. consumption

## Vocabulary quizzes

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

1. What term refers to marking the 100th anniversary of an event?

Option: Illuminate

Option: Centennial

Option: Celebrate

Option: Researchers

2. Which term relates to inherited traits passed down from parents?

Option: Alveolar

Option: Genetic

Option: Filament

Option: Protein

3. What is the study of nutrients and their effects on health?

Option: Disease

Option: Nutrition

Option: Published

Option: Limit

4. Which term means to restrict or set a boundary?

Option: Filament

Option: Risk

Option: Limit

Option: Condition

5. Which term describes something containing a high amount of sugar?

Option: Symbol



- Option: Epidemiologist
- Option: Sugary
- Option: Remains

6. Which condition affects the heart and its functioning?

- Option: Genetic
- Option: Heart Disease
- Option: Research
- Option: Soft

7. What term refers to the act of making information available to the public?

- Option: Published
- Option: Protein
- Option: Soft
- Option: Digest

8. Which term refers to a slender thread-like structure?

- Option: Celebrate
- Option: Condition
- Option: Filament
- Option: Repair

9. Who studies the distribution and determinants of health and disease in populations?

- Option: Soft
- Option: Epidemiologist
- Option: Alveolar
- Option: Categorized

10. Which term refers to what is left after something else has been removed?

- Option: Protein
- Option: Nutrition
- Option: Risk
- Option: Remains

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

11. A \_\_\_\_\_ pillow is comfortable to sleep on.
12. Many \_\_\_\_\_ are working on finding a cure for cancer.
13. There are various \_\_\_\_\_ available for arthritis to manage the symptoms.



14. The \_\_\_\_\_ sacs in the lungs facilitate the exchange of oxygen and carbon dioxide.
15. Regular exercise can improve your physical \_\_\_\_\_.
16. Chicken and beans are good sources of dietary \_\_\_\_\_.
17. Smoking increases the \_\_\_\_\_ of developing lung cancer.
18. We will \_\_\_\_\_ our team's success with a party.
19. The books in the library are \_\_\_\_\_ by genre.
20. Fiber helps to promote healthy \_\_\_\_\_ in the digestive system.

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

21. The candles served to the room during the power outage.
22. We will our anniversary with a romantic dinner.
23. Athletes require a high intake of to support muscle recovery.
24. The doctor specializes in the treatment of infectious .
25. Butter is high in fats.
26. Investing in stocks carries a certain level of financial .
27. The university is known for its groundbreaking medical .
28. The baby's blanket was warm and .
29. The dove is often used as a of peace.
30. After the explosion only debris and rubble in the aftermath.

## Answer

**Multiple Choice:** 1. Centennial 2. Genetic 3. Nutrition 4. Limit 5. Sugary 6. Heart Disease 7. Published 8. Filament 9. Epidemiologist 10. Remains

**Gap-Fill:** 11. Soft 12. Researchers 13. Treatments 14. Alveolar 15. Condition 16. Protein 17. Risk 18. Celebrate



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19. Categorized 20. Digest

**Matching sentence:** 1. Illuminate 2. Celebrate 3. Protein 4. Disease 5. Saturated 6. Risk 7. Research 8. Soft  
9. Symbol 10. Remains

## **CATEGORY**

1. Health - LEVEL1

### **Date Created**

2024/12/18

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