

# SUGARY FOOD

## • read and pay attention

Emma loved **sugary foods**, enjoying cookies, candy, and ice cream every day. Her friends warned her, "If you eat too much sugar and **calories**, you will gain weight," but she didn't listen. Over time, she started feeling tired, and her teeth began to hurt. The dentist told her, "If you keep eating sugary foods, you will get **cavities**."

Worried, Emma thought, If I continue, I would develop **diabetes**. After a dizzy spell following a sugary snack, the doctor warned, "If your body can't produce enough **insulin**, you could be at risk of diabetes."

Realizing the danger, Emma decided to eat healthier. If I had listened earlier, I wouldn't be in this situation, she thought. From then on, she knew that taking care of her body was more important than indulging in sweets.

## • read again and answer the questions

1.What happens if her body can't produce enough insulin?

- a) She would gain energy.
- b) She would develop diabetes.
- c) She would lose weight.
- d) She would become taller.

2. What happened to Emma from eating so much sugary food?

- a) She feels energetic
- b) She gets cavities and diabetes
- c) Nothing is wrong with her
- d) She just feels tired

3.What did Emma realize was more important than indulging in sweets?

- a) Exercising daily
- b) Eating healthier and taking care of her body
- c) Watching TV
- d) Spending time with friends

## • Read the sentences and recognize if it is the 1st or 2nd conditional

If I continue, I would develop diabetes

"If you keep eating sugary foods, you will get cavities

If I had listened earlier, I wouldn't be in this situation

If you eat too much sugar and calories, you will gain weight

### first conditional

### second conditional



sugary food    calories    diabetes    cavities    insulin

People with 1 \_\_\_\_\_ need to manage their blood sugar levels because their bodies don't produce enough 2\_\_\_\_\_.

Brushing your teeth twice a day can help protect against 3\_\_\_\_\_, even if you occasionally indulge in sugary foods.

Consuming too much 4\_\_\_\_\_ can quickly add extra 5\_\_\_\_\_ to your diet, leading to weight gain.