

Lesson 1 Vocabulary

1 Read and unscramble the words.

- 1 An **pap** is a computer program you download to your mobile phone.
- 2 Food tastes **tewes** when it contains a lot of sugar.
- 3 The food you eat every day is your **etid** – and it should be healthy!
- 4 A **cansk** is something small that you eat between meals.
- 5 You can use a **sanotope** to add sugar to hot drinks.
- 6 All products have a **doberac** – a label with lots of lines and numbers.
- 7 You **mebal** someone if you think they're responsible for a problem.
- 8 You have a **chiceo** when you can decide between two or more things.
- 9 The **adime** are ways of communicating, such as TV and newspapers.
- 10 A **docrupt** is something that is made and then sold.

app

2 Complete the texts with the words from Activity 1.

← → ↺ www.theforum.com/opinion

penny64



Hi, there! I've just looked at my new 'Sugar smart'

1 _____ to find out if my breakfast is healthy. I used my phone on the 2 _____ of the cereal box and I'm shocked to find it contains more than a 3 _____ of sugar in every mouthful! 😱 I knew it tasted 4 _____, but I didn't realise it was so unhealthy! I wonder what the 5 _____ would say about this ...



← → ↺ www.theforum.com/opinion

Minnie13



I completely agree with you about breakfast cereals. I 6 _____ the food producers – we don't need all that sugar! I try to make sure I have a healthy 7 _____. I try not to eat a 8 _____ between meals unless it's a piece of fruit. I'm going to go shopping with my mum and check each 9 _____ on the new app to help her make a good 10 _____ of breakfast cereal!

Word Bank

app sweet diet snack teaspoon barcode blame choice media product