

Questions 21-25 CH1_HP21-25.mp3

Choose the correct letter, **A**, **B**, or **C**.

- 21 One result of high sugar consumption is that
- A** it can cause diabetes.
 - B** it can lead to other more serious addictions.
 - C** it is a direct cause for increases in heart rates.
- 22 Why is honey a good alternative to refined sugar?
- A** It tastes the same in drinks.
 - B** It has fewer calories than sugar.
 - C** It is more easily processed by the body.
- 23 The speaker says people don't realise
- A** how much water should be consumed in a day.
 - B** how much sugar a soft drink contains.
 - C** how many vitamins are in herbal tea.
- 24 Products which are said to be fat-free should be avoided because
- A** they often contain extra sugar.
 - B** they do not list every ingredient.
 - C** they are made with sugar substitutes.
- 25 According to the speaker, people should eat fruits and vegetables because
- A** they are a sugarless alternative.
 - B** they can satisfy the desire for sweetness.
 - C** they are a natural way to diet.