

**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.