NAME : _____
CLASS : _____
DATE : _____

# 9 What's your opinion?

## LESSON 1 Reading Comprehension

Read the discussion forum and answer the questions.

LIVEWORKSHEETS

minnie13

I agree! This means we eat much more sugar than we should! You shouldn't have more than six **teaspoons** of sugar a day, but there are *seven* teaspoons in just one fizzy drink! And I drink a can of cola every day!

Thursday 19th May 8 comments

[illegible]99

I disagree. The **media** always try to scare us about food! It's always in the news! First they told us we were eating too much salt, then it was too much red meat. This week it's sugar. Next week it'll be milk products! Is everything bad for our health?! I think people are clever enough to make their own food **choices**. Thursday 19th May 7 comments

penny64

I'm sorry, but I don't agree. I don't think everyone can make the right choices. I **blame** the advertisers. We see so many pictures of delicious looking food everywhere, which makes us want to eat more. But a lot of that food is unhealthy – sugar is really bad for your teeth and for your health.

Friday 20th May 4 comments

fred01

Hi! Can I just say that there's more to a healthy **diet** than eating less sugar? It isn't just sugar we need to worry about – a diet of burgers and chips isn't good for us either!

Friday 20th May 5 comments

penny64

That's true – but that isn't what we're talking about! The point is that we're eating extra sugar because it's difficult to know how much sugar is added to food. There's so much information on every product that it's very hard to understand.

Saturday 21st May 2 comments

butterfly22

You're so right! A friend told me yesterday that she had an **app** called 'Sugar smart'. You use your phone on the **barcode** of food and drinks and the app shows you how much sugar is in the product! It's really easy to use!

Saturday 21st May 7 comments

minnie13

What a good idea! I'm going to download it right now! I'm going to tell my mum about it, too. Yesterday she said that we were eating too much sugar. She's really worried about it.

Sunday 22nd May 9 comments

penny64

Yeah, this app sounds great. It can help us make the right choices. We can decide not to buy products that have too much sugar. Maybe then the producers will make food healthier!

Monday 23rd May 13 comments



LIVEWORKSHEETS

## A. Complete the text from the given words (LP: 3)

| | | | | |
|---|---|---|---|---|
| product | app | blame | choice | media |
| sweet | barcode | diet | snack | teaspoon |

| | |
|---|---|
| | 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… |

| | |
|---|---|
| | 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.! |

Skills :

3.2 Understand a variety of linear and non-linear print and digital texts by using appropriate reading strategies

3.2.3 Guess the meaning of unfamiliar words from clues provided by other known words and by context



LIVEWORKSHEETS

**B. Read the discussion forum again and write the person's name that said the sentences (LP: 4)**

I have too much sugar every day. minnie13

1. Sugar is not the only problem in our diets. _____

2. Sugar is added to food products so they taste better. _____

3. This new app can help us buy healthier food products. _____

4. It isn't easy to understand how much sugar is in products. _____

Skills :

3.2 Understand a variety of linear and non-linear print and digital texts by using appropriate reading strategies

3.2.2 Understand specific information and details of simple longer text



LIVEWORKSHEETS

**B. Drag supporting statement ( a – e) to its each point 1 to 5. (LP: 5)**

1. Some food that we think is healthy can have lots of added sugar.

   _____

2. Adverts make us want o eat unhealthy food.

   _____

3. The media changes the message about what is unhealthy for us.

   _____

4. We need to do more than just eat less sugar if we want to eat healthily

   _____

5. The app can give us the information we need to make better choices.

   _____

a. First they told us we were eating too much salt, then it was too much red meat.

b. We see so many pictures of delicious looking food everywhere.

c. We can decide not to buy products that have too much sugar.

d. Even 'healthy' snacks have much more sugar than we think!

e. A diet of burgers and chips isn't good for us either!

Skills :

3.2 Understand a variety of linear and non-linear print and digital texts by using appropriate reading strategies

3.2.2 Understand specific information and details of simple longer texts



LIVEWORKSHEETS

## D. Read and give the correct phrase ( LP:6)

1. Bart99 is annoyed with the media because they …

2. Butterfly22 blames the problem on …

3. Minnie13 tells us …

4. Penny64 thinks that …

5. Fred01 is worried about eating …

6. Minnie13's mum is worried about …

Skills :

3.2 Understand a variety of linear and non-linear print and digital texts by using appropriate reading strategies

3.2.2 Understand specific information and details of simple longer texts

| REDING SKILL PERFORMANCE LEVEL | | | | | |
|---|---|---|---|---|---|
| 1 Very Limited | 2 Limited | 3 Satisfactory | 4 Good | 5 Very Good | 6 Excellent |
| | | | | | |



LIVEWORKSHEETS