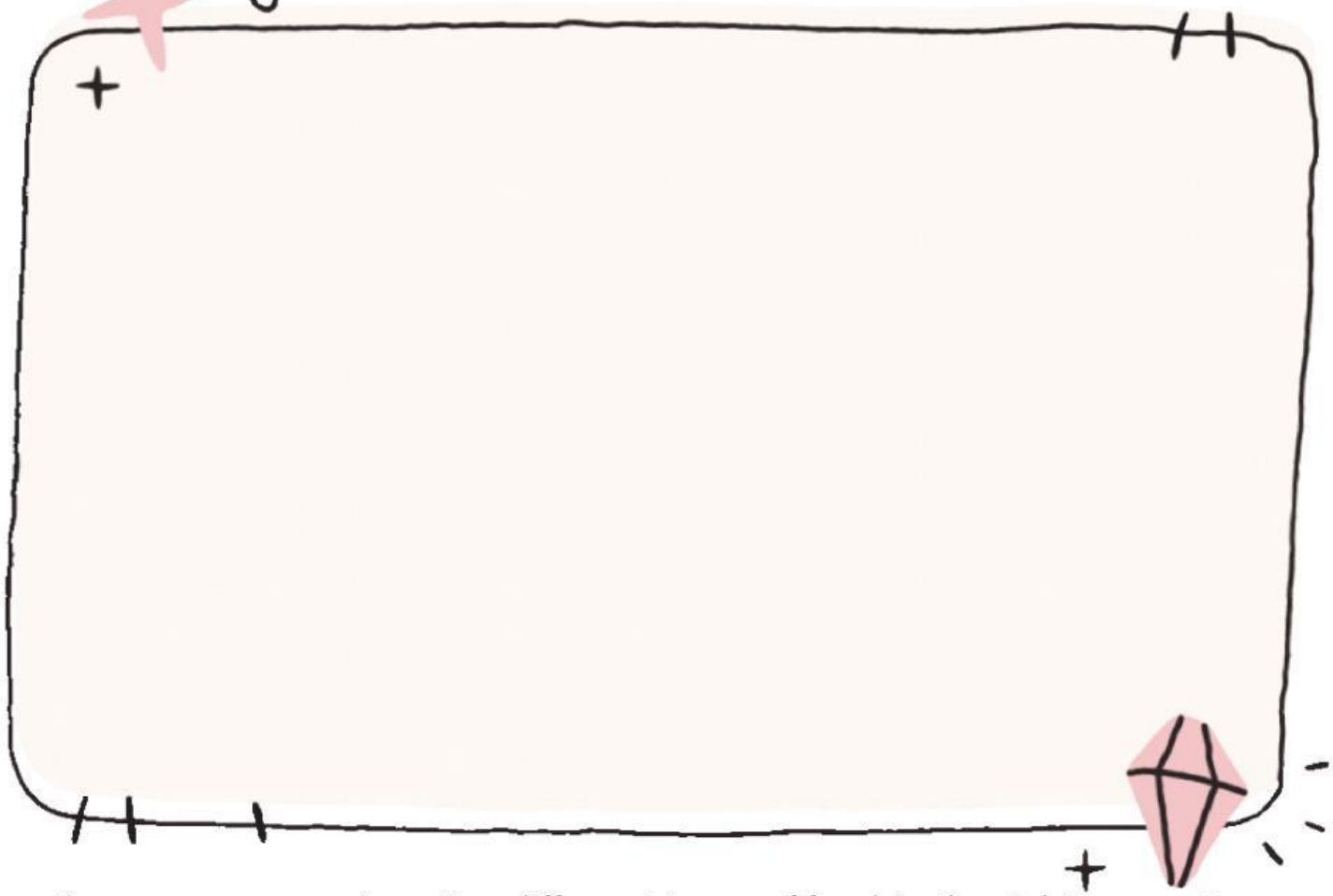
NIK4– Unit 1– Reading 1

THE SWEET TOOTH TRUTH!

Watch the story and answer the questions.



A .....is eating different types of food, in the right amounts.

1 Lots of us love sugar and we have a....., but sugar isn't .....for us.

3 We should eat no more than.....cubes of sugar every day. (for 7 to 10 years old).

4 With sugary cereal for breakfast, our levels of sugar go up very high. This can make us....., moody and ..... We can also find it difficult to .....

5 Sugar is also in.....and fruit. With this type of sugar, we won't feel hungry. We don't feel .....or sleepy.

6 If we eat too much sugar, we will have .....decay, problems with weight, and diseases like diabetes.

We should drink water, no-added ..... drinks or eat ..... jelly.

LIVEWORKSHEETS