

Text 1

<u>The poor nutritional value of sugar</u>	1
Sugar contains the same 3.75 calories per gram as other carbohydrates but it is the only food that provides no fibre, vitamins, minerals or other useful nutrients.	2
International medicle advice is that we should eat as little added sugar as possible. On average, the recommendation is that an adult should eat under 60 grams of sugar a day. The body does not need sugar and it is not better than other foods for energy except after a long period of heavy exercise.	3
Sugar is not especially fattening and a little does no harm. Sugar is naturally present in some foods such as fruit and milk and there is no need to limit the amount we eat of this kind of sugar.	4
However, many people in western Europe and the United States get up to 14% of their daily calories from added sugars. These are found in ready-made foods such as sweets and biscuits, sweetened drinks and homemade cakes. For example, a large can of cola contains over 40 grams of sugar and a 60 gram bar of chocolate supplies 30 grams of sugar. It is better to consume these sorts of foods and drinks as little as possible or even not at all.	5
Surveys show that children are especially likely to eat more than average amounts of sugar, with older children often eating a high level of sugar and therefore being at more risk of tooth decay. In addition, if children eat a lot of sugar, it will be more difficult for them to achieve a balanced Eating a large amount of sugar means that they will not get the nutrients they need to develop and may become overweight. Research shows that large amounts of sugar are not desirable even for very active teenagers.	6
In modern industrialised societies, most people do not need as many daily calories as in the past, but we still need to eat well. If we are to eat healthily, we need to get less of our calories from sugar as it provides no nutrients. Children, for example, should instead eat more calcium-rich foods such as yoghurt, hard cheese, milk, nuts, green vegetables and sardines and avoid processed foods such as pizza, cakes and sweets and fizzy drinks.	7
	8
	9
	10
	11
	12
	13
	14
	15
	16
	17
	18
	19
	20
	21
	22
	23
	24
	25
	26
	27
	28
	29
	30
	31
	32
	33
	34
	35
	36
	37
	38
	39
	40

1. According to the text, sugar is the only food that
 - a. Is expensive to produce
 - b. Has no food value
 - c. Is full of useful nutrients

2. The suggested amount of sugar an adult should eat each day is
 - a. 3.75 grams
 - b. 40 grams
 - c. Less than 60 grams

3. Which line has a spelling error?
 - a. Line 3
 - b. Line 7
 - c. Line 13

4. The word "supplies" in line 21 can best be replaced with which word?
 - a. Provides
 - b. Costs
 - c. Uses

5. According to the text, what problem can children have if they eat a lot of sugar?
 - a. Bad skin
 - b. Hair loss
 - c. Tooth decay

6. Which word should always start with a capital letter?
 - a. Europe
 - b. Calories
 - c. Societies

7. Which word would best fill the gap in paragraph 5?
 - a. Diet
 - b. Day
 - c. Idea

8. According to research, teenagers should not
 - a. Eat too much cheese
 - b. Eat too much sugar
 - c. Drink milk

9. What foods are good for children, according to the text?
 - a. Fizzy drinks
 - b. Calories
 - c. Green vegetables

10. Which word in paragraph 6 means the same as "keep away from"?
 - a. Nutrients
 - b. Avoid
 - c. Need