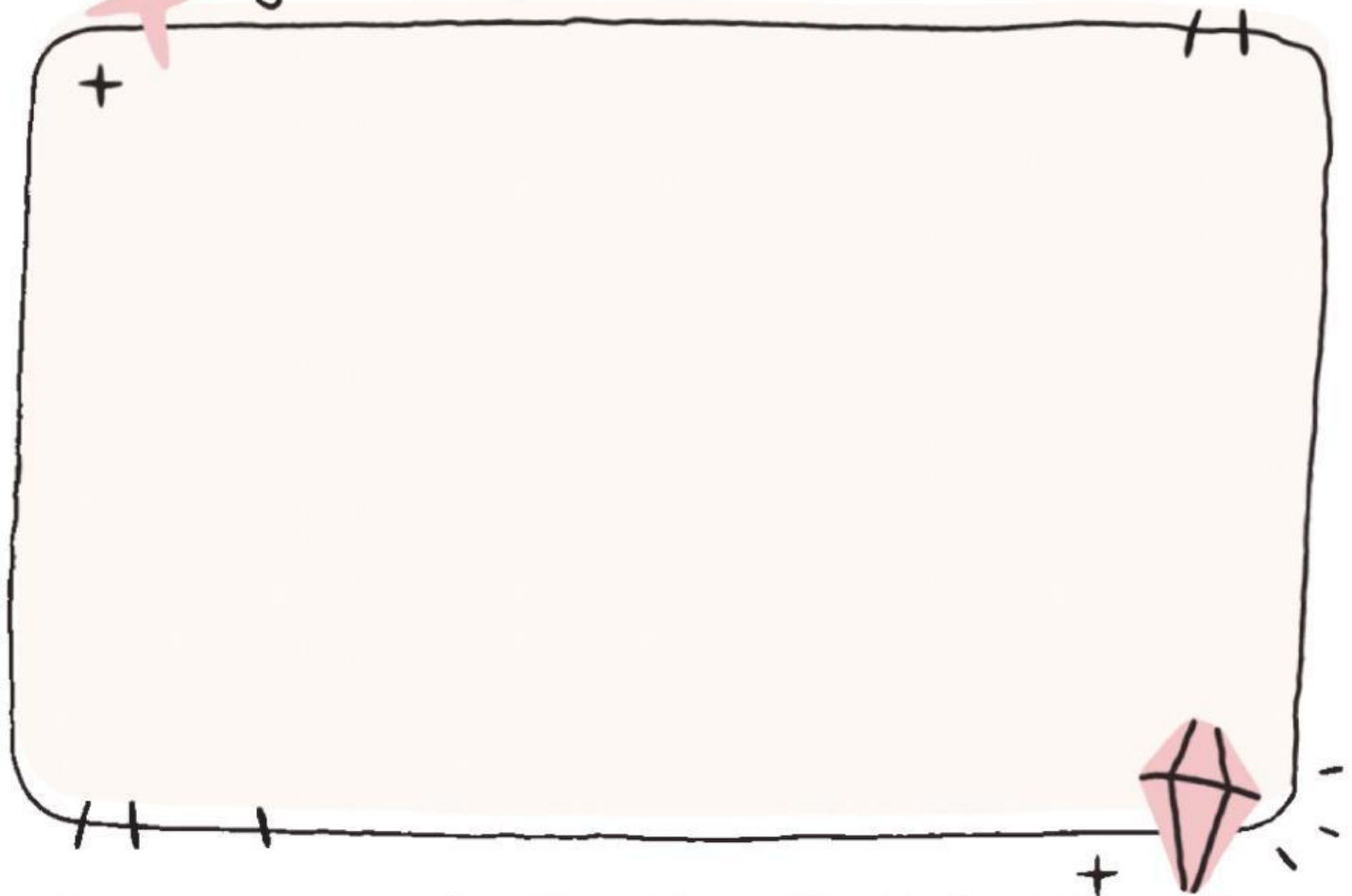


NIK4- Unit 1- Reading 1

THE SWEET TOOTH TRUTH!

Watch the story and answer the questions.



Ais eating different types of food, in the right amounts.

- ① Lots of us love sugar and we have a....., but sugar isn'tfor 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 feelor sleepy.
- ⑥ If we eat too much sugar, we will havedecay, problems with weight, and diseases like diabetes.
We should drink water, no-added drinks or eat jelly.