Unit 1: Exercise 1

In this unit, you will answer IELTS Reading short answer questions and read a text called 'How our sweet tooth is hurting us'.

Before you read the text, look at the statements. Do you think that they are True or False? Choose your answers.

1. The expression *to have a sweet tooth* means *to like eating sweet foods, especially sweets and chocolate*.

   - True
   - False

2. In 18th-century Europe, more poor people than rich people lost their teeth because of sugar.

   - True
   - False

3. If you drink a typical can of soda, you'll consume about 10 sugar cubes.

   - True
   - False

4. In general, children in the USA consume a lot more sugar than their parents.

   - True
   - False

LIVEWORKSHEETS

5. It is now possible to order chocolate-covered insects online.

   - True
   - False

Unit 1: Exercise 2

Before you try to answer IELTS Reading short answer questions, it is a good idea to quickly read the text so that you understand what it is about.

Quickly read the text. Then answer the questions .

How our sweet tooth is hurting us

Over the last three centuries, the amount of sugar in the Western diet has continued to rise. Back at the start of the 18th century, a typical English family consumed less than 2 kg of sugar per year. By the end of that century, that amount had risen 400%. Compare that to the 40 kg that people now consume annually in the USA. In Germany, the second-most sugar-loving nation in the world, people eat roughly 103 grams on average per day. In the Netherlands, the country with the third-biggest sweet tooth, people eat 102.5 grams. Of course, there are some countries in the world where sweet food is less popular: in India, people eat only about 5 grams per day on average; in Indonesia, it's 14.5 grams; and in China, it's just under 16 grams. If you're not sure what 40 kg looks like, it means that the average person in the USA now eats approximately 22 teaspoons of sugar a day. The recommended limit, suggested by researchers from the World Health Organisation, is no

LIVEWORKSHEETS

more than 8 if you want to stay healthy, but just one can of soda contains around 10.

It is common knowledge that many drinks, in bottles or canned, contain a lot of sugar. Although advertisements say that they are 'energy-giving', professional athletes and sportsmen and women usually stay away from them. It is teenagers that are their greatest consumers. And – although advertisers promise that these drinks will make people feel energetic and active – because of the type of chemicals they have, once a person has drunk all the soda, they simply feel hungry instead. However, sugar is also in products that many shoppers find surprising, for example, cereal, which actually has a lot. Because they believe it is a healthy kind of food, parents buy it for their children's breakfast.

A large part of the problem, according to nutritionists, is that people find it hard to understand the labels on the back of food products. Nutritionists think this should be a lot easier for them. But at the moment, manufacturers don't have to write 'sugar' on them, but can use words like 'corn syrup' or 'dextran', which can result in confusion for consumers. But why should we be worried about our sugar consumption? Firstly, it is harmful to young children because it causes tooth decay; the pain from this can mean that children don't get the amount of sleep they need. As a result, they can't concentrate when they are in class. In this case, schools and governments have a duty to educate them about good and bad food choices. For adults, the problems increase. Eating too much sugar makes people quickly gain weight, it affects the heart and liver, and can lead to diabetes.

Which of the ideas in sentences 1–5 are mentioned in the text on page 1? Choose Yes or No. Read the text on page 1 again if you need to.

1. The increase in the amount of sugar we eat.

LIVEWORKSHEETS

- Yes
- No

2. The places in the supermarket where you can find sugary products.

   - Yes
   - No

3. The way that advertising sugary products has changed.

   - Yes
   - No

4. The health problems that sugar causes in children.

   - Yes
   - No

5. The health problems that sugar causes in adults.

   - Yes
   - No

Unit 1: Exercise 3

In many IELTS Reading texts, you often see information or opinions given by different people.

LIVEWORKSHEETS

Match the people with the definitions.

Advertiser	consumer	manufacturer	nutritionist	researcher

1. a person or company that makes a product:	
2. a person who buys or uses a product:	
3. a person who studies a subject carefully:	
4. a person who gives advice about healthy eating:	
5. a person who makes commercials to sell a product:	

Unit 1: Exercise 4

Who do you think might say the following things? Match the people with the statements.

In IELTS Reading texts, you need to identify and understand opinions and ideas. To help you do this, think about ***who*** is giving their opinion or idea.

Advertiser	consumer	manufacturer	nutritionist	researcher

1. 'My report studies the effects of sugar on the health of people aged 15–24 in the USA.'	

LIVEWORKSHEETS

2. ‘Feeling tired? New *Choco-nut* breakfast cereal will give you all the energy you need!’	
3. ‘There are ten sugar cubes in every can of soda so you shouldn’t drink soda every day.’	
4. ‘Our factory sells 50% more sugar today than 50 years ago.’	
5. ‘I know sugar is bad for me, but I usually eat two bars of chocolate every day.’	

Unit 1: Exercise 5

Read the information. Then match the words in bold with the phrases that have a similar meaning. Use the phrases in the box.

In any IELTS Reading task, it is important that you can recognise examples of *synonyms* and *paraphrasing*.

Example:

If the phrase ‘too much sugar made him **ill**’ is in a question or option, you should look for phrases or words with a similar meaning in the text, e.g. ‘he became **unwell** as a result of the sugar’ or ‘he felt **sick** because of the sugar’ (*ill*, *sick* and *unwell* all have a similar meaning).

Recommend that you stay away from not clear consume harmful to

was unexpected

LIVEWORKSHEETS

1. Sugar can be **very bad for** children.	
2. My doctor said I was eating the wrong foods, which **surprised me** .	
3. We should **buy and eat healthier food that doesn't have a lot of sugar.**	
4. I try to **avoid** chocolate when I'm hungry because it's not very healthy.	
5.I **think you should** go on a diet.	
6. A lot of information about good sugar and bad sugar is **hard to understand.**	

Unit 1: Exercise 6

Read the information. Then look at the questions. Select the key words that show you the type of information you need to look for. The numbers in brackets at the end of each question show you how many selections you need to make.

Before you begin to look for the exact answers in the IELTS Reading text, it's important to think about the *type* of information you need to look for and quickly find paragraphs which contain that information. For example, if the key word in the question is 'country' you need to quickly read through the text to find a paragraph that contains places and countries.

LIVEWORKSHEETS

1. Which country consumes the least sugar per person? (3 selections)
2. What is the maximum recommended number of teaspoons of sugar that a person should consume a day? (4 selections)
3. Which group of people drink more sugary drinks than anyone else? (3 selections)
4. How do people really feel after finishing sugary drinks? (3 selections)
5. Which food product has an unexpected amount of sugar? (3 selections)
6. What do nutritionists want to be clearer for consumers? (3 selections)
7. What may decrease as a result of tooth decay in children? (3 selections)

Unit 1: Exercise 7

Read the information. Then read the questions. Use the words and phrases in bold to help you work out the correct answers.

Note that the answers do not relate to the reading text. Focus on the language, not the content.

In short answer questions, it's also important to understand whether you need to write a **noun** or an **adjective**, and whether the noun should be **plural** or **singular**. For example:

*How do advertisers say you **feel** after finishing sugary drinks?*

×energise ×energu ✓energetic

LIVEWORKSHEETS

Energetic is the correct answer because it is an adjective, describing how people **feel**. ***Energise*** is a verb and ***energy*** is a noun and so these words cannot be the ones you need.

1. What is the maximum recommended **number** of teaspoons of sugar that a person should consume a day? 9/a few/a lot of
2. Which **group of people** drink more sugary drinks than anyone else? Students/studies/student
3. How do people really **feel** after finishing sugary drinks? Happiness/exciting/excited
4. Which **food product** has an unexpected amount of sugar? Cheese/dinner/emonade
5. What do nutritionists want to be **clearer for consumers**? Information/instructions/notice
6. What may **decrease** as a result of tooth decay in children? Concentration/daily/clean

Unit 1: Exercise 8

Read the information. Then match the paraphrases and synonyms in the box with the phrases. The first one has been done for you.

Remember that the wording in the IELTS Reading short answer questions will be different from the words used in the text.

Looking for paraphrases or synonyms can help you to find the answers more easily.

The phrases on the left are taken from the short answer questions. The paraphrases in the box are taken from the reading text.

LIVEWORKSHEETS

this can mean that	greatest consumers	recommended limit	which actually has a lot
think this should be a lot easier for them		soda	

1. the least sugar	sweet food is less popular
2. maximum recommended number	
3. group of people drink more	
4. sugary drink(s)	
5. unexpected amount of sugar	
6. want to be clearer for consumers	
7. as a result of	

Unit 1: Exercise 9

Answer the questions.

Choose **ONE WORD OR A NUMBER** from the passage for each answer.

How our sweet tooth is hurting us

Over the last three centuries, the amount of sugar in the Western diet has continued to rise. Back at the start of the 18th century, a typical English family consumed less than 2 kg of sugar per year. By the end of that century, that amount had risen 400%. Compare that to the

LIVEWORKSHEETS

40 kg that people now consume annually in the USA. In Germany, the second-most sugar-loving nation in the world, people eat roughly 103 grams on average per day. In the Netherlands, the country with the third-biggest sweet tooth, people eat 102.5 grams. Of course, there are some countries in the world where sweet food is less popular: in India, people eat only about 5 grams per day on average; in Indonesia, it's 14.5 grams; and in China, it's just under 16 grams. If you're not sure what 40 kg looks like, it means that the average person in the USA now eats approximately 22 teaspoons of sugar a day. The recommended limit, suggested by researchers from the World Health Organisation, is no more than 8 if you want to stay healthy, but just one can of soda contains around 10.

It is common knowledge that many drinks, in bottles or canned, contain a lot of sugar. Although advertisements say that they are 'energy-giving', professional athletes and sportsmen and women usually stay away from them. It is teenagers that are their greatest consumers. And – although advertisers promise that these drinks will make people feel energetic and active – because of the type of chemicals they have, once a person has drunk all the soda, they simply feel hungry instead. However, sugar is also in products that many shoppers find surprising, for example, cereal, which actually has a lot. Because they believe it is a healthy kind of food, parents buy it for their children's breakfast.

A large part of the problem, according to nutritionists, is that people find it hard to understand the labels on the back of food products. Nutritionists think this should be a lot easier for them. But at the moment, manufacturers don't have to write 'sugar' on them, but can use words like 'corn syrup' or 'dextran', which can result in confusion for consumers. But why should we be worried about our sugar consumption? Firstly, it is harmful to young children because it causes tooth decay; the pain from this can mean that children don't get the amount of sleep they need. As a result, they can't concentrate when they are in class. In this case,

LIVEWORKSHEETS

schools and governments have a duty to educate them about good and bad food choices. For adults, the problems increase. Eating too much sugar makes people quickly gain weight, it affects the heart and liver, and can lead to diabetes.

1. Which country consumes the least sugar per person? _____
2. What is the maximum recommended number of teaspoons of sugar that a person should consume a day? _____
3. Which group of people drink more sugary drinks than anyone else? _____
4. How do people really feel after finishing sugary drinks? _____
5. Which food product has an unexpected amount of sugar? _____
6. What do nutritionists want to be clearer for consumers? _____
7. What may decrease as a result of tooth decay in children? _____

Unit 1: Exercise 10

Think about what you've learnt in this unit.

Complete the advice. Use the words in the box.

different occupations	is not the same	one word or one number	question words
	the same order		

LIVEWORKSHEETS

1. When the instruction says 'choose **ONE WORD OR A NUMBER ONLY**' from the passage, you must only write _____ that you can find in the text.
2. The answers for the short answer questions task follow _____ as the questions.
3. The language before, around or after the answers in the text _____ as the language in the questions.
4. It can be useful to learn the names for _____ .
5. It is a good idea to predict what kind of information might follow _____ like 'which', 'where' and 'who'.

LIVEWORKSHEETS