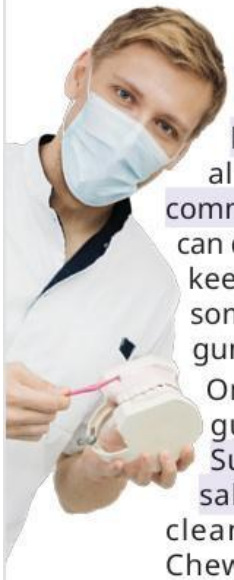
- What positive effect does chewing gum have according to TV commercials?
- Why can chewing gum lead to stomachache?
- What other health problems can chewing gum lead to?
- According to the article, is chewing gum healthy or not?

Is Chewing gum Healthy or Not?



Chewing gum is a common habit enjoyed by people of all ages around the world. TV commercials say that chewing gum can quickly refresh your breath and keep your teeth clean. However, some doctors think that chewing gum is not very healthy.

On the positive side, chewing gum can have some benefits. Sugar-free gum can stimulate saliva production, which helps clean and protect your teeth. Chewing gum may also provide better concentration and stress relief in some situations.

However, not all aspects of gum chewing are positive. One problem is that with chewing gum we eat artificial sweeteners found in many sugar-free gums, which can lead to stomachache. Another problem is that people who chew gum often can have pain in their facial muscles. The third problem is that it is not very pleasant for other people to communicate with a person who is always chewing something.

The verdict on whether chewing gum is healthy or not depends on individual habits and preferences. If you don't do it all the time, chewing gum can be a healthy activity. But excessive gum chewing may lead to unwanted health issues. As with most things, balance is key.



Match the highlighted words and the definitions.

Example: excessive - something that is more than normal or more than enough.

1. _____ - problems.
2. _____ - something that doesn't have sugar in it.
3. _____ - very short videos which are made and shown to make people buy the products demonstrated in the video.
4. _____ - not natural sugar.
5. _____ - something you do regularly.
6. _____ - the watery liquid that's in your mouth.

LIVEWORKSHEETS