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The 4 page 60 minute ESL British English lesson – 25/03/15

A spoonful of sugar...

"A spoonful of sugar... helps the medicine go down - in a most delightful way." These lyrics come from the movie Mary Poppins. Is it true?

The World Health Organisation recently urged people to reduce their sugar intake. The new guidelines recommend no more than 10% of a person's daily energy should come from sugars – around 50g or 12 teaspoons a day. Experts (whoever they are) say that people should aim for 5% - 25g or 6 teaspoons a day. It is said that lowering one's sugar intake decreases the risk of obesity and tooth decay.

Some experts are saying sugar is the new tobacco, in the form of the lobbying that is now going on to cut people's sugar levels. They add that high levels of sugar can also lead to diabetes. Think about this next time you consume a can of Coke. This alone contains up to 40g – around 10 teaspoons of sugar.

Professor Aubrey Sheiham, an emeritus professor of Dental Public Health at University College London said, "Tooth decay among children in Britain is the most common reason they are admitted to hospital. It is the most common of all conditions, including asthma, everything."

Tam Fry, who is patron of the UK's Child Growth Foundation and an Action on Sugar advisor said, "It is vital to kill two birds with one stone, reducing tooth decay in children but also help get a grip on spiralling obesity rates."

There has been a call for a crackdown on advertising, better labelling of foods and the lowering of sugar levels in popular food and drinks. Experts say it is vital to reduce one's intake of sugar. Whilst this sounds easy, in reality though, it is sometimes easier said than done!

SPEAKING – WARM UP

Think of three things you know about sugar. Go round the room swapping details with others.

LISTENING – WRITING - DICTATION

The teacher will read some lines of the article slowly to the class.

READING

Students should now read the article aloud, swapping readers every paragraph.

SPEAKING - UNDERSTANDING

1) The article – Students check any unknown vocabulary or phrases with the teacher.

2) The article - Students should look through the article with the teacher.

- 1) What is the article about?
- 2) What do you think about the article?
- 3) Was this an easy or difficult article to understand?
- 4) Was this a boring or interesting article?
- 5) Discuss the article.

3) Article quiz - Students quiz each other in pairs. Score a point for each correct answer. Score half a point each time you have to look at the article for help. See who can get the highest score!

Student A questions

- 1) Name the movie.
- 2) What are the lyrics in the article from the famous movie?
- 3) What does 'to kill two birds with one stone' mean?
- 4) Who is Tam Fry?
- 5) What is an emeritus professor?

Student B questions

- 1) According to experts how many teaspoons a day should we aim for?
- 2) Name the university.
- 3) What is easier said than done?
- 4) What did the professor say?
- 5) What did Tam Fry say?

Category: Health / Sugar intake / Dentistry / Illnesses
Level: Intermediate / Upper Intermediate

A spoonful of sugar... – 25th March 2015

WRITING / SPEAKING

In pairs. On the board write as many words as you can about **'Sugar'**. *One-two minutes.* Compare with other teams. Using your words compile a short dialogue together.

WRITING / SPEAKING

In pairs choose three things you know about obesity. Write them below. Talk about them!

- 1) _____
- 2) _____
- 3) _____

Add three you know about tooth decay. Discuss together.

- 1) _____
- 2) _____
- 3) _____

The teacher will choose some pairs to discuss their findings in front of the class.

SPEAKING - GAME

As a class/In pairs – On the board list five songs with the word sugar in them. Talk about them.

SPEAKING - WRITING

As a class/In pairs – List five idioms in English. What do they mean? Talk about them. *5 mins.*

DISCUSSION

Student A questions

- 1) What do you think about what you've read?
- 2) Do you know the lyrics to "A spoonful of sugar"?
- 3) Do you know anyone with diabetes?
- 4) When did you last go to the dentist?
- 5) Do you know many obese people?
- 6) Why don't obese people go on a diet or cut their sugar levels?
- 7) Do you put sugar in your tea/coffee?
- 8) Should the food we eat have less sugar and salt?
- 9) What was the last thing you ate that had sugar in?
- 10) Is it important for children to look after their teeth? Explain!

SPEAKING – ROLEPLAY 1

In groups. One of you is the interviewer. The others are one of the following people. You are in the *Discussion FM* radio studio in London. Today's interview is about: *A spoonful of sugar.*

- 1) A doctor.
- 2) A dentist.
- 3) A person who is obese.
- 4) A person who has diabetes.

The teacher will choose some groups to roleplay their interview in front of the class.

SPEAKING - ROLEPLAY 2

In pairs - *Student A* is a dentist. *Student B* is a patient! *3 mins.*

SPEAKING - GAME

As a class – Form a circle – "I love sugar and I ate or drank..."

Go round the circle and repeat the previous words used. Add a word! Forget a word and you are eliminated! *5 mins.*

SPEAKING - DISCUSSION

Allow 10 minutes – *As a class.*

Discuss the following...

A spoonful of sugar

The teacher can moderate the session.

DISCUSSION

Student B questions

- 1) Did the headline make you want to read the article?
- 2) Does obesity cause diabetes?
- 3) How do the people manage in question No 2?
- 4) Are you obese? Why?
- 5) How many teaspoons of sugar do you consume every day?
- 6) Who was Mary Poppins?
- 7) Do you clean your teeth properly?
- 8) Why do you put sugar in your tea/coffee?
- 9) Should people who are unemployed be forced to undertake a diet if they are obese so as to encourage them to slim down to be able to work? After all, you are paying them to eat!
- 10) Did you like this discussion?

GAP FILL: READING

A spoonful of sugar...

"A (1)___ of sugar... helps the medicine go down - in a most delightful way." These (2)___ come from the movie Mary Poppins. Is it true?

The World Health Organisation recently urged people to reduce their sugar intake. The new (3)___ recommend no more than 10% of a person's daily energy should come from sugars – around 50g or 12 (4)___ a day. Experts (whoever they are) say that people should aim for 5% - 25g or 6 teaspoons a day. It is said that lowering one's sugar intake decreases the risk of (5)___ and tooth decay.

Some experts are saying (6)___ is the new tobacco, in the form of the lobbying that is now going on to cut people's sugar levels. They add that high levels of sugar can also lead to (7)__. Think about this next time you (8)___ a can of Coke. This alone contains up to 40g – around 10 teaspoons of sugar.

diabetes / spoonful / consume / obesity / sugar / teaspoons / lyrics / guidelines

Professor Aubrey Sheiham, an emeritus professor of Dental Public Health at University College London said, "(1)___ among children in Britain is the most common reason they are admitted to hospital. It is the most common of all (2)___, including (3)___, everything."

Tam Fry, who is (4)___ of the UK's Child Growth Foundation and an Action on Sugar advisor said, "It is vital to kill two birds with one stone, reducing tooth decay in children but also help get a grip on spiralling obesity rates."

There has been a call for a (5)___ on advertising, better labelling of foods and the lowering of sugar levels in (6)___ food and drinks. Experts say it is (7)___ to reduce one's (8)___ of sugar. Whilst this sounds easy, in reality though, it is sometimes easier said than done!

patron / crackdown / intake / asthma / popular / tooth decay / conditions / vital

GAP FILL: GRAMMAR

A spoonful of sugar...

"A spoonful of sugar... helps (1)___ medicine go down - in (2)___ most delightful way." These lyrics come from the movie Mary Poppins. Is (3)___ true?

The World Health Organisation recently urged people to reduce their sugar intake. The new guidelines recommend no more than 10% of a person's daily energy should come from sugars – around 50g or 12 teaspoons a day. Experts (whoever they are) say that people should aim for 5% - 25g or 6 teaspoons a day. It is said that lowering one's sugar intake decreases the risk of obesity (4)___ tooth decay.

Some experts are saying sugar is the new tobacco, (5)___ the form of the lobbying that is now going on to cut people's sugar levels. They add that high levels of sugar (6)___ also lead to diabetes. Think about this next time (7)___ consume a can of Coke. This alone contains up to 40g – around 10 teaspoons (8)___ sugar.

of / in / it / you / can / and / the / a

Professor Aubrey Sheiham, an emeritus professor of Dental Public Health at University College London said, "Tooth decay among children in Britain is the most common reason they are admitted to hospital. It is the (1)___ common of all conditions, including asthma, everything."

Tam Fry, (2)___ is patron of the UK's Child Growth Foundation and an Action on Sugar advisor said, "It is vital to kill two birds (3)___ one stone, reducing tooth decay in children but (4)___ help get a grip on spiralling obesity rates."

There has been a call for a crackdown on advertising, better labelling of foods and the lowering of sugar levels in popular food and drinks. Experts say it is vital to reduce one's intake of sugar. (5)___ (6)___ sounds easy, in reality (7)___, it is sometimes easier said (8)___ done!

whilst / than / though / also / most / with / this / who

GAP FILL: LISTENING

A spoonful of sugar...

"_____... helps the medicine go down - in a most delightful way." These lyrics come from the movie Mary Poppins. Is it true?

The _____ recently urged people to reduce their sugar intake. The new guidelines recommend no more than 10% of a person's _____ come from sugars – around 50g or 12 teaspoons a day. Experts (whoever they are) say that people should aim for 5% - 25g or 6 teaspoons a day. It is said that lowering one's sugar intake decreases _____ and tooth decay.

Some experts are saying sugar is the new tobacco, in the form of the lobbying that is now going on to cut people's sugar levels. They add that high levels of sugar can also lead to diabetes. Think about this next time you _____. This alone contains up to 40g – around 10 teaspoons of sugar.

Professor Aubrey Sheiham, _____ of Dental Public Health at University College London said, "Tooth decay among children in Britain is the most common reason they are admitted to hospital. It is _____ all conditions, including asthma, everything."

Tam Fry, who is patron of the UK's Child Growth Foundation and an Action on Sugar advisor said, "It is vital to kill two birds with one stone, reducing tooth decay in children but also help get a grip on _____."

There has been a call for a _____, better labelling of foods and the lowering of sugar levels in popular food and drinks. Experts say it is vital to reduce one's intake of sugar. Whilst this sounds easy, _____, it is sometimes easier said than done!

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WRITING/SPELLING

WRITING / SPEAKING

1) On the board – As a class / In pairs - List 20 things that sugar is used in. Which uses the most or least sugar? *Five minutes. Discuss together.*

2) Sentence starters - Finish these sentence starters. Correct your mistakes. Compare what other people have written.

- 1) A spoonful of _____
- 2) Sugar _____
- 3) Obesity _____

3) Homework - Write and send a 200 word email to your teacher about: **A spoonful of sugar.** Your email can be read out in class.

GAP FILL READING

- 1) spoonful
- 2) lyrics
- 3) guidelines
- 4) teaspoons
- 5) obesity
- 6) sugar
- 7) diabetes
- 8) consume

ANSWERS

- 1) tooth decay
- 2) conditions
- 3) asthma
- 4) patron
- 5) crackdown
- 6) popular
- 7) vital
- 8) intake

SPELLING

The teacher will ask the class individually to spell the following words that are in the article. Afterwards check your answers.

- 1) spoonful
- 2) sugar
- 3) lyrics
- 4) guidelines
- 5) energy
- 6) recommend
- 7) decay
- 8) tooth
- 9) tobacco
- 10) diabetes

SPELLING

Use the following ratings:

Pass = 12

Good = 15

Very good = 18

Excellent = 20

- 11) emeritus
- 12) professor
- 13) reason
- 14) common
- 15) obesity
- 16) patron
- 17) vital
- 18) crackdown
- 19) labelling
- 20) though

A spoonful of sugar... – 25th March 2015