**Actuele lesbrief Engels – Sugar – uitwerking**

*Actuele lesbrief 7 - A2 - 2019-2020*

|  |  |
| --- | --- |
| **Opdracht** | **ERK niveau** |
| **Opdracht 1** | A2 |
| **Opdracht 2** | A2 |
| **Opdracht 3** | A2 |
| **Opdracht 4** | A2 |

Assignment 1 (voorbeelduitwerking)

a brushing your teeth, exercise, fruit, healthy foods, helping people, laugh, lose weight, meditate, no/less sweets, outdoor activities, regular visits to the dentist, relax, sleep, sports, vegetables, etc.

b eigen antwoord

Assignment 2

|  |  |
| --- | --- |
| 1. resolutions | *h.* promises to yourself that you will really try to do something that is good for you |
| 1. added sugar | *e.* extra sugar that is put into foods |
| 1. to consume | *l.* to eat or drink something |
| 1. to age | *k.* to be the reason thet someone or something becomes old or appears to be old |
| 1. stroke | *a.* a serious illness in your brain |
| 1. fructose | *c.* a type of sugar found in honey and many fruits |
| 1. fiber | *f.* plant material that helps you to eat healthy |
| 1. beets | *g.* plants with thick roots that are used to make sugar |
| 1. sugar cane | *b.* a tall grass that is grown in warm places as a source of sugar |
| 1. nutrients | *j.* stuff that plants, animals, and people need to live and grow |
| 1. a craving | *d.* a very strong feeling that you want something |
| 1. a treat | *i.* something that tastes really good |

Assignment 3

a 1 Sugar and added sugar are both natural foods. **FALSE**

2 Added sugar is in almost all foods that is sold in packages. **TRUE**

3 Eating less added sugar can lead to lower blood pressure, cholesterol and blood sugar. **TRUE**

4 The article gives many reasons why sugar can also be good for you. **FALSE**

5 If you are generally healthy, it is okay to enjoy something sweet now and then. **TRUE**

b **2** Some of the many different names for added sugar.

Assignment 4 (voorbeelduitwerking)

Eat no more than nine teaspoons of sugar for a man, six teaspoons for a woman, and three teaspoons for a child.

Pay attention to what you eat.

It is okay to eat fruit!

Take the added sugar out of your breakfast.

Eat whole foods, not packaged foods.

Look at food labels for added sugars using different names.

Take care what you eat for breakfast and as a snack.

Once in a while, a treat of chocolate ice cream will not hurt.