**Actuele lesbrief Engels – Sugar**

**Voor de docent**

Er verschijnen steeds weer onderzoeken naar wat wel of niet gezond zou zijn voor de mens. Een ingredient dat al langer onder vuur ligt is suiker.

**ERK-niveau**

Lezen A2 - Lezen om informatie op te doen – Kan specifieke informatie begrijpen in eenvoudige teksten. (LEA2-3a)

Leesstrategieën – Kan zijn of haar begrip van de algemene betekenis van korte teksten over alledaagse onderwerpen van concrete aard gebruiken om de vermoedelijke betekenis van onbekende woorden af te leiden uit de context.

Kan gebruikmaken van tweetalige (online) woordenboeken om woordbegrip te controleren, indien toegestaan.

Schrijven A2 – Notities, berichten, formulieren – Kan eenvoudige en korte notities maken voor zichzelf. (SCHA2-2b)

**Intro**

Sugar tastes great. Most people love sugar. But there is a lot more to sugar than just sweet joy.

Assignment 1

Read the assignment and write down the answers in English. You may use English-language Internet sources to help you. If you only know the Dutch word, use a dictionary to find the English word.

a Make a list of words/activities related to a healthy life.

b New Year’s resolutions are good plans you make for the coming year. Here are some common New Year’s resolutions. Tick the resolutions you would like to make.   
In 2020 I am going to...  
• exercise more / join a gym / take up a sport  
• eat less chocolate / give up junk food / go on a diet / lose some weight  
• join a club/ learn something new (how to cook, paint, play an instrument) / start a new hobby  
• be a better friend / make new friends / spend more or less time with friends  
• do more homework / listen more in class / read more / study more  
• get a Saturday or holiday job / save more money / spend less / be careful with pocket money  
• go to bed earlier / relax more at the weekends / worry less / work less

**Sweet Resolutions**

Every year around this time, many people make New Year’s resolutions. They want to make good changes in their lives. Many people want to start eating healthier. So what is healthy?

Read [this story](https://www.thetimesinplainenglish.com/new-years-resolution-stop-with-the-sugar/) on one of many ways to make your diet healthier.

Assignment 2

Read the text. Connect the words and expressions in the two columns that have the same meaning.

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

Assignment 3

a True or false?

1 Sugar and added sugar are both natural foods.

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

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

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

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

b What are Fructose, Dextrose, Galactose, Glucose, Lactose, Maltose, and Sucrose?

1 Different names for natural sugars.

2 Some of the many different names for added sugar.

3 Sugars that are used to make chocolate ice cream.

4 The names of the good kinds of added sugar.

Assignment 4

Make a list of at least 3 tips the article gives about eating healthier.