

6H

An article:

I can write an article for school website

1 SPEAKING Work in pairs. Discuss the questions.

- 1 Do you have a sweet tooth? What are your favourite sweet treats?
- 2 Why is too much added sugar bad for you? What problems can it cause?

Sweet tooth ?

**SWEET
TOOTH**

if you have a sweet tooth, you like sweet foods such as candy, chocolate or baking

I don't have a sweet tooth. I prefer salty snacks.



Disadvantages of using too much added sugar

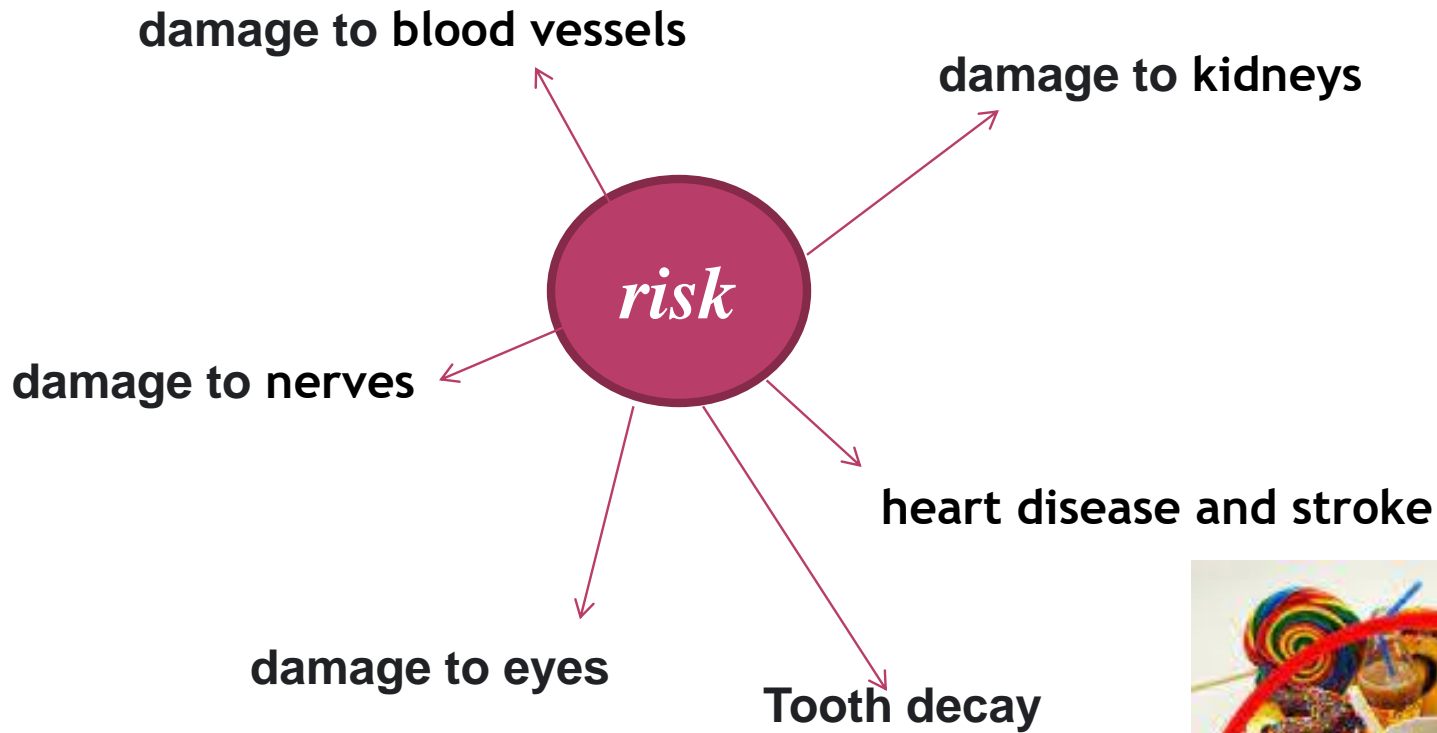
Eating an excessive amount of added sugar can **increase triglyceride levels, which may increase your risk of heart disease.**

Tooth decay: Sugar promotes tooth decay by allowing bacteria to multiply and grow. The more often you eat or drink foods with natural sugar or added sugar, the more likely you are to get cavities.

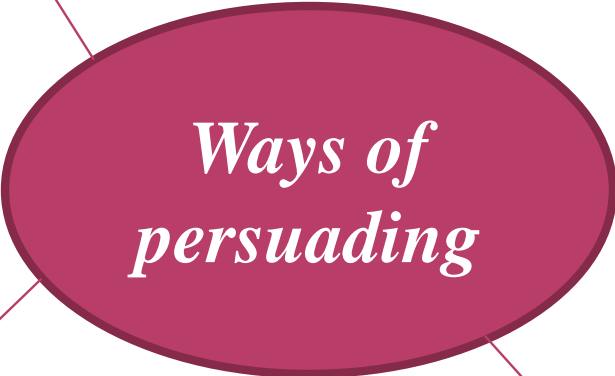


- 2 Read the task below. Identify the elements that need to be included in the article. How many paragraphs do you think it should have?

You've read an article about the dangers of eating too much sugar. Write an article for your school website about the risks associated with a high sugar diet and propose ways of persuading young people to eat less of it.



government



*Ways of
persuading*

TV programs

Schools & education

3 Read the article and compare it to your ideas in exercise 2. Are there any differences?

introduction

I don't know anyone who doesn't love sugar. Humans have a natural sweet tooth and it can be difficult to control our sugar-eating habits. But how can something so nice be so bad for us?

risks

Obviously, naturally occurring sugar, for example in fruit, is considered healthy sugar. However, refined sugar is not healthy and is added to many processed foods to make them taste better. Surprisingly, this 'hidden' sugar can be found in many savoury foods like bread, tins of vegetables and sauces. Moreover, refined sugar has no nutritional value and therefore offers 'empty' calories. It also has no fibre, unlike the natural sugar in fruit, and therefore is easy to eat a lot of. Consequently, excess calories lead to weight gain. Too much sugar also encourages tooth decay in children and diabetes in later life.

Ways of
persuading

So, what can we do about too much sugar, especially the hidden sugars in our diet? It seems to me that the government must take some responsibility for this situation. Ideally, it should regulate the amount of sugar that companies can add to processed foods. Furthermore, education must also be part of the answer and students should learn in school about the health issues associated with eating a lot of sugar. This approach has worked for smoking, after all.

conclusion

Personally, I think it is extremely important that young people know about the dangers of sugar so that we can make informed choices. Although it is delicious, we must not put our future health at risk.

Writing Strategy

Organise your ideas or opinions into a coherent argument by using linking words or phrases, for example: *therefore, although, furthermore, as a result.*

Underline linking words

I don't know anyone who doesn't love sugar. Humans have a natural sweet tooth and it can be difficult to control our sugar-eating habits. But how can something so nice be so bad for us?

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So, what can we do about too much sugar, especially the hidden sugars in our diet? It seems to me that the government must take some responsibility for this situation. Ideally, it should regulate the amount of sugar that companies can add to processed foods. Furthermore, education must also be part of the answer and students should learn in school about the health issues associated with eating a lot of sugar. This approach has worked for smoking, after all.

Personally, I think it is extremely important that young people know about the dangers of sugar so that we can make informed choices. Although it is delicious, we must not put our future health at risk.



Linking words for Essay

ADDITION

Another
Moreover
And then
Similarly
Also
In addition
Likewise

SEQUENCE

After this
Then
At this point
Earlier
Later
To begin with
Initially

CONSEQUENCE

Eventually
So
Then
In that case
Thus
Consequently
Thereby

CONTRAST


However
On the other hand
Despite
In spite of
In contrast
Alternatively
Although


5 **KEY PHRASES** Look at the phrases. Which ones are included in the article?

Comment adverbs


 Personally, (I think) ...

 Surprisingly, ...

 Obviously, ...

 Consequently, ...

Unfortunately, ...

 Ideally, ...

Amazingly, ...

Interestingly, ...

Naturally, ...

Admittedly, ...

Hopefully, ...

Basically, ...

6 SPEAKING Work in groups. Discuss the opinions below. Decide which view you hold and use a comment adverb to introduce your view. Then add a reason.

- 1 Our school should/shouldn't stop serving fast food.
- 2 It is/isn't OK to have some fat in your diet.
- 3 Additives in food are/aren't bad for you.
- 4 Fast food should/shouldn't be banned in leisure centres.
- 5 Children should/shouldn't make their own food choices.

Personally, I think that our school should stop serving fast food. We eat too much of it.

Really? ...



7 Read the task below. Make notes on your opinions.

You've read an article about teenagers and fast food. Write an article for your school website about the dangers of teenagers eating too much fast food, and how students can be persuaded to eat less of it.

8 Plan your article in your notebook. Organise your ideas into paragraphs and link them. Then write your article.

CHECK YOUR WORK



Have you ...

- organised your ideas into paragraphs?
- used adverbs and linking words to connect your ideas in each paragraph?
- included one or two comment adverbs?
- checked the spelling and grammar?